IMPORTANT NOTICE

The August issue of the Courier was submitted to the publisher at the end of June, at which time the Center was closed to the public to reduce the spread of COVID-19 in our community. While most of our programs are pending the City/State's decision to reopen, we hope you'll participate in some virtual options that appear in this issue.

Feel the Warmth!

Live a life of learning, culture, ease and fun at our luxurious senior community.

Bring this ad with you when you take a tour and receive a complimentary mulled wine set.

THE RESIDENCE at Valley Farm
369 Pond Street, Ashland, MA
508-532-3197
www.residencevalleyfarm.com
WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)
**DIRECTOR’S CORNER**

Hello Everyone,

If the Center has not opened up by the time you’re reading this, we hope that will be soon. We know it’s difficult to be cooped up in your home and not see family or friends for long stretches of time. Our primary concern is for your health and safety. As soon as it is deemed safe to return to programs at the Center, we will let you know. Staff are available by phone and email during this time for any questions or concerns you have.

Thank you to the COA Board for providing a Community Forum on Zoom about Seniors’ Needs During COVID-19. We appreciate the input and feedback from those of you who participated.

If you have not yet tried Zoom please give it a try. There are lots of programs you would enjoy available by smartphone, tablet or computer. Just seeing people’s faces gives such an added boost from hearing their voice on the phone or reading a text or email. There are even some options for people who have a standard phone to be able to at least listen to a program. We also have staff who are willing to help walk you through the process via the phone or by email. Read inside for more info.

Four MA Cultural Council programs are available this month via Zoom. We know there are people who don’t have Internet or computers and are even more isolated than the rest of us. If you know anyone like this please invite them to contact us. If you share their phone number or email with us we will be happy to connect with them. We would like to do what we can to help them cope with this very difficult situation we’re all facing.

If you know a senior who is in need of food, or paper goods, please let them know we can help, thanks to the frozen food we have from Daniel’s Table and the supply of paper goods and cleaning supplies that the Friends of Callahan have provided with a grant from Metrowest Health Foundation. We can bring these items to people who don’t have transportation to come to the Callahan Center.

Thank you to Sarah Viadero and TJ’s Food & Spirits for arranging the Volunteer Appreciation Drive-by Luncheon for those volunteers who donated at least 20 hours in the past year. It was great to see you, even through the windows of your cars!

We look forward to when we can see your smiling faces, in person. In the meantime, please keep yourselves and your family and friends safe by taking the precautions of washing hands frequently, wearing face coverings and staying 6’ away from people not in your immediate household. These efforts are helping to reduce the spread of the virus.

Grace

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**CALLAHAN CENTER STAFF**

**STAFF**
Grace O’Donnell, MS, Director of Elder Services
Randy Aylsworth, Assistant Director
Paula Geller, Programs Manager
Tricia Welsby, Administrative Assistant
Judy Lew, ESOL Instructor
Ralph Dunlea, Computer Room Coordinator
Sarah Viadero, Volunteer Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
Paul Gambruzzio, Van Driver
Dan Coletti, Van Driver

**SOCIAL SERVICES**
Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavallee, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Martha Guevara, MA, Bilingual Outreach/DME Coordinator
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant

**SHINE**
Kathy Worhach, SHINE Director

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**CALLAHAN CENTER**

535 Union Avenue (Handicap Accessible), Framingham, MA 01702
Telephone: 508-532-5980
Web address: www.framinghamma.gov/360/Council-on-Aging

**Hours of Operation:**
Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.
Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

**CALLAHAN CENTER MISSION STATEMENT**
It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

**DISCLAIMER NOTICE**
The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

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**COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS**

**Chairman:** Clyde Dottin

The COA Board does not meet in August.

**Members:**
Jim Divver, Mark Goldman, Larry Griffin, Audrey Hall, Mike McGibbon, Betty Muto, Jennifer Rich, Glenda Thomas, Ruthann Tomassini
UPDATED NOTICE FROM THE CALLAHAN CENTER

Please know that Center staff continues to monitor calls and email. A small number of staff have been permitted to work on site, while others continue to work from home. If calling, please leave your name and phone number on our voicemail at 508-532-5980. If you provide us with your email, it gives us another way to update you.

REMEMBER TO WEAR A FACE COVERING IN PUBLIC:
Mayor Spicer signed an Emergency Order requiring all members of the public aged two years and older to “wear a clean face covering, such as a fabric face mask, scarf or bandana over their mouth and nose, and exercise social distancing in accordance with CDC guidelines.” Governor Baker instituted a similar statewide face-covering order mandating that all residents over the age of 2 use a face covering in all indoor public places and outside when social distancing can’t be properly maintained.

COVID-19 IN FRAMINGHAM
The City’s new information phone line dedicated to Framingham COVID-19 pandemic information is 508-532-5411. Staff will answer calls Monday through Friday, 8:30 a.m. - 3:30 p.m. Information regarding food and other resources appears on page 11 of this issue.

Information about actions the City and Schools are taking, along with more information on COVID-19 and prevention measures, can be found at www.framinghamma.gov/covid19, which is updated frequently. As the City receives additional information, residents also can find updates on the website, Facebook, and Twitter - @Framingham_MA.

CALLAHAN GOLF LEAGUE: Group plays Tuesdays, 9 a.m., weather permitting. Held at Southborough Golf Club. Course is nine holes for $18 (senior rate). Cart is extra. For more information, contact Paul Virdinlia at JVirdinlia@aol.com or 508-872-7984.

WOULD YOU LIKE TO SAVE $1,000 ON YOUR PROPERTY TAX BILL?
The Senior Property Tax Work-Off Program allows homeowners to earn up to a $1,000 credit on their property tax bills by working in designated municipal departments, if they are approved for the program. Applications are now being accepted for the FY21 program for Framingham residents who meet all of the following criteria: 1) Are at least 62 years old as of July 1, 2020 and 2) Own their own home for five years or more, and 3) Have gross income of $50,000 or less for a single person or $60,000 or less combined gross income for couples. Preference is given to residents who have not participated in the program in previous years. Please call the Callahan Center for an application and additional details: 508-532-5980 or visit the website: www.framinghamma.gov/360/council-on-aging.

INFORMATION REGARDING SOCIAL SECURITY
Social Security Offices are closed to the public during the COVID-19 pandemic. Below are several options for conducting business with the Social Security Administration (SSA) from home:
Online: For a comprehensive menu of self-service options available online visit: https://www.ssa.gov/onlineservices/
For those without computer access: If you cannot utilize online services, the SSA can help with certain critical issues by phone and mail. The Framingham office can be reached at: 1-844-587-1390 (TTY: 1-800-325-0778). The mailing address is: Suite 101, One Clarks Hill, Framingham, MA 01702.
For automated assistance via phone: The SSA national toll-free number can provide access to automated telephone services at: 1-800-772-1390 (TTY: 1-800-325-0778). If you need to speak with an agent when calling this number, you may be on hold for 90 minutes or longer.
Note: Be aware that scammers are always on the prowl. Remember that SSA representatives will never threaten you or ask for any form of immediate payment.

FROM THE OFFICE OF THE MAYOR
Resources for Equity, Diversity and Inclusion
Mayor Spicer’s office has received requests from residents about what they can do to combat racism. The Mayor has begun to catalog different Resources for Equity, Diversity and Inclusion on her webpage. Also, if you have not had the chance to review the Community Conversations focused on funneling the passion of marches into action, please visit: https://www.framinghamma.gov/2425/Office-of-the-Mayor, select the tab for: Resources for Equity, Diversity and Inclusion.

NEW LAW: VOTE BY MAIL
In July, a new law was passed to allow all registered voters in Massachusetts to vote by mail in any 2020 election. As required by the new law, a Vote by Mail application will be mailed to every person -who was registered to vote by July 1 - and who had not already requested an absentee ballot. According to Framingham City Clerk Lisa Ferguson, “On July 15, 2020, Secretary of the Commonwealth William Galvin mailed every registered voter a ‘Vote by Mail Application’. If you choose to vote by mail, complete your application and email it to cityclerk@framinghamma.gov, mail it to the City Clerk’s Office, 150 Concord St., Framingham, MA 01702 or fax it to 508-628-1358. Once you receive your election ballot and vote, place the ballot in the inner envelope. Don’t forget to sign your name on this envelope! You may return your ballot by mail or place it in an official election ballot drop off box located in the rear of City Hall.”
• Early voting by mail will begin as soon as ballots are ready.
• In-person early voting for the State Primary will be held August 22-28. Consult the clerk’s office for specific times.
• In-person early voting for the State Election will be held October 17-30. Consult the clerk’s office for specific times.
• State Primary: September 1 – Framingham polls open from 7 a.m. to 8 p.m.
• Presidential Election: November 3 – Framingham polls open from 7 a.m. to 8 p.m.
JOIN US FOR CALLAHAN AT HOME

In the event that the Center is unable to open in August, we look forward to delivering some live, remote programming so that you can continue to participate in the activities you enjoy. Look for the “VIRTUAL” logo for this month’s programs that are accessible by internet and/or phone via Zoom. If you’re new to Zoom, please see pages 7 and 15 for more information and assistance.

CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

All MCC programs are FREE. Please call the front desk to register: 508-532-5980. These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Rosanne Bergman Trust.

AT THE PIANO WITH SIVAN ETEGEE – SPOTLIGHT ON JAZZ
Tuesday, August 11, 6-7 p.m.
Must register by 8/5
Our series on Classical Music with Sivan Etegée concludes in August with a focus on Jazz. This virtual lecture-recital includes jazz-inspired works by Debussy, Schulhoff, Gershwin, and other composers. Sivan appears frequently as a recitalist, chamber musician and lecturer, performing for audiences of all ages. Committed to making classical music enjoyable for everyone, he establishes an easy rapport with his audiences, giving commentary on the music throughout his concerts.

INSIDE THE COMBAT ZONE
Thursday, August 20, 2 p.m.
Presented by: Stephanie Schorow
Must register by 8/14
How did Boston, a great New England city, become home to one of the largest and most notorious adult entertainment districts in the nation? Join veteran reporter Stephanie Schorow as she teases out the issues that created this controversial neighborhood. Schorow introduces us to the politicians, exotic dancers, wise guys, and residents brought together by the adult entertainment district. Meet the nun-turned-attorney who advocated for the First Amendment rights of adult bookstores, a dancer called “the thinking man’s stripper,” and Boston’s unofficial city censor. For these people and others, the Combat Zone is more than a memory—it was a life-altering adventure.

Tribute to the Troubadours
Tuesday, August 25, 6-7 p.m.
Presented by: Vocalist Lisa Yves
Must register by 8/19
In a Tribute to the Troubadours, Lisa Yves brings to life songs that were written and performed by some of the great folk and pop troubadours of all time, including songs by Bob Dylan, Billy Joel, Carole King, Elton John, the Beatles, Joni Mitchell, Paul Simon, and more. Lisa Yves has been a professional musician and vocalist for over 35 years. She graduated from New York University as a vocal jazz performance major. She is a recording artist, composer, performer, and vocal coach. She is a well-known and active musician in Boston.

A HISTORY OF U.S. IMMIGRATION AND NATURALIZATION POLICIES
Thursday, August 27, 1:30 p.m.
Presented by: John Gardella
Must register by 8/21
This program will examine the history of U.S. immigration and naturalization from the “open borders” of the early U.S. to the increasingly restrictive policies over the past 150 years. In addition, the impact of terrorism, refugees, and asylum seekers on immigration and the resulting changing policies will be examined. Presenter John Gardella taught Advanced Placement World History and U.S. Government and Politics during his 25 years at Gardner High School.

GREAT AMERICAN WRITERS: SAUL BELLOW
Tuesday, September 8, 6 p.m.
Presented by: Dr. Larry Lowenthal
Registration opens in August!
Our series on Great American Writers concludes in September. Dr. Larry Lowenthal will discuss the life and works of Saul Bellow.

CHAIR YOGA:
Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. Poses are done from a seated position. This Zoom class requires a laptop/tablet or hand-held device with camera, so you can see the instructor and she can see you. For more information, please email Paula at pgeller@framinghamma.gov. Note: At the instructor’s request and for safety reasons, the class size is very limited.

SPORTS FANATICS:
Mondays, 10 a.m.
Are you missing sports programming? As the status of sports events continues to evolve, there’s still plenty to talk about like trades, how leagues and unions will adjust to new needs, and what the future holds here and abroad. To join the lively conversation and add your name to the Zoom invitation list, please contact Mark Goldman at goldmanmj59@yahoo.com

LOOK FOR DETAILS ABOUT THESE VIRTUAL PROGRAMS ON PAGE 6:

KEEPING YOUR PASSWORDS SECURE: WHY & HOW TO USE A PASSWORD MANAGER LIVING WITH COPD: USING INHALERS

MINDFUL LIVING ONLINE:
Wednesday, 10:30-11:30 a.m., $3 per class. This popular long-running class has been thriving remotely on Zoom, as participants join in online or by phone. Each week is a combination of mindful awareness practices, breathing techniques, meditations and more that help cultivate a heart-centered community, nurture a positive mindset, actively work with tension and anxiety, and so much more. Lisa is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. To participate in this class, please email Paula at pgeller@framinghamma.gov or call 508-532-5980, ext. 4110.

Please call the front desk at 508-532-5980 to register for the VIRTUAL PROGRAMS as listed. Please note that even for remote programs, space may be limited. When calling to sign up, be sure to leave:
1. Your full name
2. Program(s) you are interested in
3. Your email address (preferred if you have one)
4. Your phone number

At least three-days prior to the program date, we will email you the Zoom link and related info, so you can just click on the link and enter our virtual Blais Room on the day and time it is scheduled.
MORE VIRTUAL PROGRAMS FROM THE CALLAHAN CENTER

Call the front desk to register for these classes: 508-532-5980

KEEPING YOUR PASSWORDS SECURE - WHY & HOW TO USE A PASSWORD MANAGER
Wednesday, August 26, 2 p.m.  
Instructor: Ralph Dunlea
Registration required by 8/20. Space is limited.
As the Internet becomes more prevalent in our lives, keeping our data and information secure becomes more critical. Email providers, banks, credit card companies, and other websites require user IDs and passwords. Trying to remember all of them can be difficult. That is where password managers can help. A good password manager will store all your IDs and passwords. We will discuss several password managers and the pros and cons of each. Please note: A good password manager is not free.

LIVING WITH COPD: USING INHALERS
Wednesday, August 12, 11-11:30 a.m.  
Registration required by 8/6
Join by phone or internet
Learn about the different types of respiratory inhalers, their use and function. Presenters include: Nneka Ibeabuchi, Pharm D and Cheryl Burgess, RRT with Medminder Pharmacy. This program is hosted by the Better Breathers of the Callahan and American Lung Association.

POWERFUL TOOLS FOR CAREGIVERS
Six-week program via Zoom
Starts Wednesday, August 12, 3-4:30 p.m.  
Registration required. Space is limited
Call the Natick COA with questions or to register: 508-647-6540, ext. 1905 or 1906
This virtual class series will give you the tools to: reduce caregiver stress, improve self-confidence in caregiving, manage time, set goals and problem solve, better communicate your feelings, and make tough caregiving decisions. This program is offered free of charge and is made possible in part by funding from the Older Americans Act, as granted by BayPath Elder Services.

TUNE INTO LOCAL CABLE
Watch Frank and Mary in Framingham, a monthly show about topics of interest to seniors. Show airs at 9 a.m. on Tuesday, Thursday and Saturday on Access Framingham TV or any time online at www.accessfram.tv or frankandmaryframingham.com

DIAL-A-LAWYER FREE LEGAL ADVICE BY PHONE
The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program, a hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. On the first Wednesday of every month, from 5:30-7:30 p.m., attorneys are available at 617-338-0610 or 877-686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

PARTICIPATE IN A STUDY BEING CONDUCTED BY UMASS
The Aging Together Study at UMass Boston is looking for senior children (aged 65+) of parents (aged 90+) with dementia. They want to learn what your relationship with your parent is like, what challenges you may face, and what types of support you may need. They are also interested in how COVID-19 may be impacting your family, and how you are navigating the current challenges. This is a one-time, approximately 90 minute interview that will be conducted remotely via method of your choice (phone or video calls). You will receive $40 as a thank you. If you are interested in participating, please call 617-901-1082 or email agingtogether@umb.edu.

LIFETIME CONNECTION WITHOUT WALLS
The Family Eldercare program Lifetime Connection Without Walls is another service that offers classes that can be accessed over the phone. Classes are led by volunteers and cover a wide array of subjects. Each session lasts 13 weeks. This program charges $10 for unlimited access to all courses, or $5 to try one. To learn more or register, call 888-500-6472. NO INTERNET NEEDED. (https://www.familyeldercare.org/our-programs/at-home/university-without-walls)

BEYOND METROWEST CLASSES AND DISCUSSION GROUPS FOR OLDER ADULTS
NO COMPUTER NEEDED!
Join by phone or internet...your choice

DOROT
DOROT provides telephone programs for seniors that function like small classes. Classes are offered on a wide variety of subjects, so you can explore new topics and make new connections. Join discussion groups of up to 12 people led by subject experts. To learn more, call 877-819-9147. NO INTERNET NEEDED. (https://www.dorotusa.org/our-programs/at-home/university-without-walls)

SENIOR CENTER WITHOUT WALLS
Senior Center Without Walls is a California-based program with classes and discussion groups that bring seniors together over the phone. Participants can start their own groups or join those that already exist. For more information or to register call 877-797-7299. NO INTERNET NEEDED. https://covia.org/services/well-connected/
WE'RE HERE TO HELP REMOTELY WITH YOUR TECHNOLOGY NEEDS!

As we all transition to connecting in a virtual way, getting simple, practical support on using technology and/or new platforms like Zoom can be very empowering. A little mastery of computers, handheld devices and smartphones can help you stay actively connected with family, friends and community.

We are here to help! In addition to Callahan staff, we are engaging volunteer tutors to help address one-on-one support needs. Below are two easy options for accessing technology support from the Callahan Center.

Have Questions about Zoom?
We can connect you remotely with a skilled volunteer, who can provide one-on-one support with using Zoom. The volunteer can help you with accessing Zoom, downloading the app, learning the important features, and addressing your specific questions so that you feel comfortable using this platform. *We will coordinate virtual appointment times based on your availability, as well as that of the volunteer.

Looking for Assistance with a Handheld Device?
Whether using a cell phone or tablet, we can help you learn how to make and receive calls, add to your contact list, text, download apps, change your settings, and more. We can also help you learn about using your camera and sharing photos/videos with family and friends. *Virtual appointments for handheld devices are available Tuesdays and Wednesdays in August and September. Participants can register for a half-hour session from 10 am-noon or 2-4 pm. Participants are limited to one session per week.

Here’s What You’ll Need to Participate
If possible, participants should have access to a computer, laptop or tablet with camera and microphone (video and audio) OR a smartphone. Don’t worry if you’re having difficulty using your camera/video. The volunteer will help walk you through the connection. We can even show you how to connect to Zoom from a landline for programs with dial-in numbers.

How to Request Help by Phone or Email
Please contact Ralph Dunlea, Computer Room Coordinator, to sign up for volunteer help with Zoom, handheld devices or with any of your technology questions. Please leave a message with your name, phone number, email address, and your specific request or technology need. Ralph can be reached by email at rwd@framinghamma.gov or by phone: 508-532-5980, ext. 4983. Please keep in mind that based on the volume of requests, staff will follow up with you in as timely a manner as possible, given that some staff are working from home and available on a part-time basis. Thanks in advance for your understanding.

ALZ 24/7 HELPLINE: 800-272-3900
The Alzheimer’s Association’s 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. Helpline staff are available around the clock for any questions or concerns you might have. They can help address feelings of isolation and link you to important resources that can help you through this time. Virtual ALZ Meetups, educational programs and support groups are now available on diverse topics. Adults, family and caregivers can call the 24/7 Helpline: 1-800-272-3900 or visit the website: https://www.alzmassnh.org

THE CALLAHAN COURIER IS ALWAYS AT YOUR FINGERTIPS
The Callahan Courier is available by mail and online each month. Here are two ways to find the newsletter online:
Do a Google search for Callahan Courier
OR
Visit the Council on Aging website at: https://www.framinghamma.gov/360/Council-on-Aging and choose Callahan Courier Newsletter from the menu options.

Are you ready to rightsizeto a smaller or newer place?
Are you overwhelmed at the thought of de-cluttering your current home?

CALL
THE ANTONIO TEAM
KELLER WILLIAMS BOSTON METROWEST
NANCY ANTONIO 508.561.0865
SENIOR REAL ESTATE SPECIALIST
ERICA ANTONIO 508.561.1868

BEFORE

House de-cluttered, repaired then on to market & sold - all within 90 days!
3 MONTHS TO MONEY IN YOUR POCKET!

SOLD
SUPPORT GROUPS AT CALLAHAN CENTER

Note: If you need help connecting to support group meetings via phone or on the internet, please call Lisa at 508-532-5980, ext. 4108.

LOW VISION GROUP
Wednesday, August 19, 11-12:30 p.m.
Now meeting via phone
Participate from home. For more information please call the front desk: 508-532-5980.

BEREAVEMENT SUPPORT GROUP
Tuesdays, August 11 & 25, 1-2:30 p.m.
Now meeting via phone or internet
Join Bereavement Clinician Bailey Marshall, LICSW, for meetings on Zoom via phone or internet. This program is offered in partnership with Good Shepherd Community Care. Group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108 at least two days prior to the meeting.

BEREAVEMENT SUPPORT GROUP
Tuesdays, August 11 & 25, 1-2:30 p.m.
Now meeting via phone or internet
Join Bereavement Clinician Bailey Marshall, LICSW, for meetings on Zoom via phone or internet. This program is offered in partnership with Good Shepherd Community Care. Group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108 at least two days prior to the meeting.

GRANDPARENT SUPPORT GROUP
Participate from home.
Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

WOULDN’T A FRIENDLY CALL HELP BRIGHTEN YOUR DAY?
We know that these are challenging times. In hopes of promoting personal connections and conversation, the Callahan Center offers a Friendly Caller Program. Our trained volunteers make regular calls to those in the program who would enjoy engaging in friendly, informal conversation. Together, partners decide how long and how often to talk each week. We’ve heard from volunteers and participants alike who appreciate the new friendships they’ve formed through the program. Volunteers can also check in to make sure you have everything you need and connect you with resources. For more information, please call the Social Services Dept. at 508-532-5980, ext. 4108 (Lisa) or ext. 4134 (Cheryl).

LOW VISION GROUP
Wednesday, August 19, 11-12:30 p.m.
Now meeting via phone
Participate from home. For more information please call the front desk: 508-532-5980.

BEST BREATHERS’ SUPPORT GROUP
Wednesday, August 12, 11 a.m.
Join via phone or internet for this month’s Zoom program with Cheryl Burgess on Using Respiratory Inhalers (details on page 6). Call the front desk by August 10 to register: 508-532-5980.

BEHAVIOR HEALTH RESOURCES
The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health.

Call 2 Talk, a statewide service of United Way of Tri-County: If you struggle with chronic depression, anxiety or just want to speak with someone, please reach out to Call2Talk at 508-532-2255 or text 741741. Run by Mass 211, this mental health, emotional support, and suicide prevention program also can be reached by calling 2-1-1.

Crisis Text Line, a nationwide service: Text from anywhere in the USA to text with a trained Crisis Counselor. Text TALK to 741741.

LGBTQ Parent & Caregiver Helpline from Greater Boston PFLAG: Call 866-427-3524.

Veteran’s Crisis Line from the US Department of Veterans Affairs: Call 800-273-8255.

Psychiatric Emergency Services from Advocates, Inc: Crisis team provides assessment and intervention via telephone and video for people of all ages who are experiencing a mental health and/or substance use emergency. Available 24 hours each day, call 800-640-5432.

Network of Care Massachusetts: Comprehensive statewide online resource - https://massachusetts.networkofcare.org/mh/index.aspx

JFS ALLY NAVIGATOR – HELPING LGBT+ OLDER ADULTS ACCESS MEDICAL CARE: This program offers specially trained volunteer Allies who will escort you to your medical appointments, support you throughout the visit, and ensure that you have the information you need to make informed decisions about your health care. Offered free of charge. Call JFS of Metrowest at 508-875-3100 x 110 or email patientnav@jfsmw.org to learn more.
FROM THE SOCIAL SERVICES DEPARTMENT

COVID-19 has been a life-changer for all. Please know that our Social Workers are available to provide phone consultations and supportive counseling as we all continue to navigate the challenges, fears, sadness, and uncertainty of our time.

ARE YOU A CAREGIVER?
Caregiving during a pandemic brings with it enormous challenges. The Callahan Center has two licensed, clinical social workers on staff, Lisa Ushkurnis, LICSW and Cheryl Lavallee, LICSW. They are available by phone, Monday-Friday, 8:30 a.m. to 5 p.m., to provide brief, time-limited, supportive counseling. Lisa and Cheryl will listen to your concerns and provide guidance to you during these exceptionally trying times. Making that call is one way to take care of yourself. To start the conversation, call the Social Services Dept. at 508-532-5980, ext. 4108 (Lisa) or ext. 4134 (Cheryl). Please leave a message with your full name and number.

ARE YOU IN NEED OF MEDICAL EQUIPMENT?
At the time of this printing, the Callahan Center is not accepting or loaning out equipment due to the Coronavirus. Please call the Center as these restrictions may change. In the meantime, we encourage you to consider connecting with MetroWest M.A.S.O.N for your Durable Medical Equipment needs as provided below:

METROWEST M.A.S.O.N MEDICAL EQUIPMENT PROGRAM
If you are in need of Durable Medical Equipment, please contact MetroWest M.A.S.O.N in Framingham.

REQUIREMENTS: A need for equipment and a willingness to promptly return the equipment when no longer needed. (You do not have to be a Mason to borrow equipment)

FREE OF CHARGE: Equipment is loaned free of charge; donations are voluntary

RESTRICTIONS: This equipment is for home use only; it may not be used in nursing homes or rehabilitation facilities. Equipment may not be transferred to another person until the equipment is returned to M.A.S.O.N and is duly recorded by M.A.S.O.N volunteers as being transferred to another party.

TO BORROW OR DONATE EQUIPMENT: Call 508-782-4301 or email: info@mason-metrowest.org

TRANSPORTATION ASSISTANCE IS AVAILABLE
Information is subject to change. If you are a Framingham resident over the age of 60, our Social Services Department may be able to arrange transportation options for you to/from medical appointments and local shopping trips. Three-day notice required. For more information, please email Sam Swisher at sps@framinghamma.gov or call 508-532-5980, ext. 4113 and leave a message.

COVID-19 AND MEDICARE

DID YOU KNOW?

• Coronavirus testing is covered by Medicare.
• Telehealth services are covered by Medicare.
• Enrollment in Medicare may be able to be done online, by phone or mail.
• SHINE counselors are available remotely to help with these and many other Medicare-related questions.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call the Callahan Center at 508-532-5980. For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

SCAM ALERT: Never give your Medicare number, your Social Security number, your bank account information, your credit card numbers or any other personal information to someone you do not know and trust.

ARE YOU IN NEED OF LEGAL SERVICES?
If you are in need of legal services, please call MetroWest Legal Services at 508-620-1830. Calls will be answered between 10 a.m. and 1 p.m. on Monday, Wednesday, and Friday, and between 2 pm and 4 pm on Tuesdays and Thursdays. Otherwise, your telephone message will be answered as soon as possible. Please understand that this information is subject to change. (Legal Clinics held at the Callahan Center are on hold until the building reopens and based on the attorney’s availability to resume.)
FRIENDS BOARD MEMBERS
President ..................Mark Goldman
Vice President ............Patrick Dunne
Treasurer ..................Geri Weinstein
Rec. Secretary ............Linda Levitt
Sunshine Lady ............Mary Megill
Members: Roger Appell, Karin Beth, Cece Binette, Jim DeSimone, Joan LeBlanc, Chris Lorant, Kathy Mello, Bea Moorar, JoAnn Morse, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

FRIENDS BOARD MEETING
August 4 at 2 p.m.

THE SUNSHINE LADY’S CORNER
We’re continuing to reach out by mail to those in need.
The Friends would like to reach out to all our members in time of need. The Sunshine Lady can help brighten their day and/or offer condolences. Do you know of any members who are ill, hospitalized, recovering from surgery, or in rehab? Has any Friends member or a family member passed on? Please call the front desk at 508-532-5980 and leave a message. Your request will be forwarded to the Sunshine Lady who continues to mail cards on behalf of the Friends of Callahan.

IMPORTANT UPDATE:
FRIENDS OF CALLAHAN TRAVEL - A 55+ TRAVEL SERVICE
Due to the Coronavirus ALL travel with the Friends of Callahan is cancelled for 2020.
For trips booked with travel providers, please call the appropriate company regarding cancellations:
Best of Times: 1-800-343-8999
Collette Vacations: 1-800-340-5158

We realize how disappointing this is and apologize for any inconvenience caused.

FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM
Name: _____________________________________________________  Friends New Membership $15 ___
If this is a NEW Membership or the information has changed please list the following:
Address: __________________________________________________  Additional Membership for Household $5 ___
City, State, Zip: ____________________________________________  Friends Membership Renewal $15 ___
Telephone: _____________________________________________ Birth Date: _________ Additional Renewal for Household $5 ___
Emergency Contact: ______________________________________ Relationship to you: ______________________
Telephone for Emergency Contact: _________________________
How did you hear about us? ___ Ad in Paper ___ Courier ___ Word of Mouth ___ Other (Please Specify Below)
Total Enclosed ______________________ Friends Membership includes 12 issues of the Courier Newsletter mailed to you.
The date listed on the mailing label is the expiration date of your membership.

$15 Membership Dues may be paid by mail. Please make check or money order payable to the “Friends of Callahan.” Mail to: Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!

Independent Senior Living
49 Edmans Rd, Framingham
• Maintenance-free 1- and 2-bed homes
• Full kitchens and walk-in showers
• Daily, chef-prepared meals and regular housekeeping available
• Physical, educational, and cultural activities
• Ask about our Bridge to Financial Independence

We are eight years young, and ready to be your next home. Book your tour today!
(508) 405-8602 2lifecommunities.org/Shillman
METROWEST RESOURCES AVAILABLE DURING THE COVID-19 OUTBREAK

ASSISTANCE WITH FOOD

The CITY OF FRAMINGHAM has set up a phone number for those experiencing an extreme food emergency and will make every effort to meet the needs of these emergencies. Someone having an extreme food emergency is defined as a person who:

- Has NO ability to access other food resources in Framingham from the organizations listed below.
- Has no formal or informal networks of support for help getting food.

If you meet these guidelines, please call: 508-532-5479

The following is a list of organizations from which residents can access emergency food:

**A Place to Turn:** A Place to Turn provides emergency food and clothing and is open to MetroWest residents through referrals. A Place to Turn also is currently working with the Framingham Housing Authority to ensure delivery of groceries to older adults in housing. For more information, contact: 508-655-8868. Days of operation: Tuesday and Thursday, 9:30 AM - 12:30 PM. Pick-up Location: 99 Hartford Street, Natick

**BayPath Elder Services:** The Meals on Wheels Program is accepting new referrals. This program is open to people who are:

- Over the age of 60
- Homebound
- Unable to adequately prepare meals

Call 508-573-7200 and leave a message if you would like to be enrolled in Meals on Wheels. Your call will be returned.

**BRACE The Brazilian-American Center:** English, Portuguese, and Spanish speakers are available to answer questions and register people. Food is delivered to qualified registrants. For more information, please visit: www.brazilianamericancenter.org or call: 508-628-0390. Registration and requests are accepted Monday through Friday, 9 AM - 5 PM.

**Callahan Center:** Frozen food is available for Framingham residents ages 55 and over, who are experiencing difficulty accessing food. Please call in advance for information: 508-532-5980, press 2 for Social Services.

**Celebration International Church:** Drive-thru food pantry open to the public. Translations available in English, Spanish, Portuguese (not always available), and Russian. Open to the public every other Wednesday, 7 PM - 8 PM. Contact: 508-653-6864, ext. 0 or Help@cicalive.com. Pick-up Location: 6 Loker Street, Wayland.

**Daniel’s Table:** Daniel’s Table will be open and distributing food to people over 60 years of age, as well as families with children 0-18 years of age. Hours of operation: Wednesday: 4 PM - 6:30 PM or Friday: 1 PM - 3 PM. Prior registration is needed, please call the main phone number: 508-405-0769

- For English and Spanish: 508-239-6690;
- For English and Portuguese: 508-239-6691

Pick-up Location: 10 Pearl Street, Framingham

**Project Bread:** A statewide, toll-free hotline providing information and referral service for people facing hunger. Call: 1-800-645-8333, (TTY 1-800-377-1292). Hotline Hours: Monday-Friday: 8 AM-7 PM and Saturday: 10 AM - 2 PM. The hotline can provide information in 160 different languages.

**The Salvation Army:** Open to all residents. Hours of operation: Monday through Thursday. Food is delivered. Call to set-up delivery: 508-875-3341. Location: 350 Union Avenue, Framingham, MA 01702

**United Way of Tri-County - Pearl Street Cupboard & Cafe at Park:** Open to anyone, Monday through Friday. Pantry open: Monday, Wednesday and Friday, 9 AM - 1 PM & Wednesdays 5 - 7 PM

Take-out Hot Meals available: Monday through Friday, 5:30 - 7 PM

Contact Information: 508-370-4921 and 774-200-3556

Pick-up Location: 46 Park St., Framingham

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**MARY ANN MORSE**

At Heritage

Independent Living, Assisted Living, Memory Care & Mental Health, Social Day for Seniors

Exceptional Quality, Trusted, Affordable Senior Living for Over 25 Years

Independent & Assisted Living • Memory Care • Mental Health Care • Adult Social Day Program

Contact us to learn more:
508-665-5300 | www.heritageassistedliving.org
747 Water St, Framingham, MA
DINING AROUND TOWN

Enjoy these discounts from some of the eateries in our Framingham area

**Burger King**
Free Whopper
Purchase one Whopper at regular price, receive 2nd Whopper free

**Bertucci's**
$5 OFF
Any purchase of $25 or more
Offer valid at Framingham location only
Text: 508-879-9161
Website: www.bertuccis.com
Address: 150 Worcester Road, Framingham, MA 01702
Hours: Mon.-Thurs., Sun. 11AM-10PM, Fri. & Sat. 11AM-11PM

**McDonald's**
One FREE
Breakfast, Lunch or Dinner Sandwich
Phone: 508-879-1650
Website: www.mcdonalds.com
Address: 30 Mall, 343 Cochituate Rd., Framingham, MA 01701

TERMS & CONDITIONS:
Not valid on BK Delivery or BK App. Applicable ordering purchases. Limit one per customer. Not to be used with any other coupons or offers. Void where prohibited. Sales tax not included. Cash value 1/200. This offer may not be available at all Burger King® restaurants, and participation may vary by restaurant. Not valid in FL. MA, NH or UT. Offer expires 8/31/20.

TERMS & CONDITIONS:
Not valid with any other offer or discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 8/31/20.

TERMS & CONDITIONS:
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 8/31/20.

We Put The “Home” In Housing!

**Framingham Green**
136 Maynard Road, Framingham
508.872.0500
Heat and hot water included
Grand community gathering space
Scenic, landscaped setting with gazebo
On-site parking
Pet-friendly

**Irving Square**
75 Irving Street, Framingham
508.875.4400
Heat and hot water included
Open and airy living spaces
Vibrant community lounge retreat
Private, enclosed park area
Pet-friendly

Now Accepting Applications!

Our beautiful communities have quality options to make you feel at home with features that include 24-hour emergency maintenance, professional on-site management, laundry care suites, resident service programs & activities, nearby public transportation, shopping, restaurants, medical facilities and, so much more.

Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

781-794-1000 | PeabodyProperties.com

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome.*
TIPS FROM THE WORLD HEALTH ORGANIZATION
WEARING AND CARING FOR FABRIC MASKS
The information below was adapted from WHO recommendations online:

USING A FABRIC MASK:
• Clean your hands before putting on the mask.
• Inspect the mask for tears or holes, do not use a mask that is damaged.
• Adjust the mask to cover your mouth, nose, and chin, leaving no gaps on the sides.
• Avoid touching the mask while wearing it.
• Change your mask if it gets dirty or wet.
• Clean your hands before taking off the mask.
• Take off the mask by removing it from the ear loops, without touching the front of the mask.
• Clean your hands after removing the mask.

CARING FOR A FABRIC MASK:
• If your fabric mask is not dirty or wet and you plan to reuse it, put it in a clean plastic, resealable bag.
  If you need to use it again, hold the mask at the elastic loops when removing it from the bag.
• Wash fabric masks in soap or detergent and preferably hot water at least once a day.
• If hot water is not available, wash the mask in soap/detergent and room-temperature water, followed by boiling the mask for 1 minute.
• Make sure you have your own mask and do not share it with others.

Remember, the use of a fabric mask alone is not sufficient to provide an adequate level of protection. Maintain adequate physical distance and frequently clean your hands.
ENJOY A LITTLE ART - LEARN A LITTLE HISTORY

Add some art to your day and enjoy the Boston Museum of Fine Arts from home. Choose from a selection of videos, virtual exhibition tours, interviews with artists, and musical performances. Visit the MFA at: https://www.mfa.org/videos

Or skip the museum and take a virtual tour of street art around the world. Google features 10,000 Works of Street Art from Across the Globe available online at: https://streetart.withgoogle.com/en/

Do you yearn for the water and the salt air? The virtual USS Constitution Museum is open and filled with interesting historical videos. Step aboard at: https://ussconstitutionmuseum.org/

Learn more about the life and legacy of President John F. Kennedy virtually through a variety of interactive experiences created by the John F. Kennedy Library: https://www.jfklibrary.org/learn/about-jfk/interactives

Boston’s Black Heritage Trail is a 1.6-mile walking tour that explores the history of Boston’s 19th century African American community who primarily lived on the north slope of Beacon Hill. To learn more and watch featured video clips, see: https://www.bostonusa.com/things-to-do/sightseeing-tours-trails/black-heritage-trail/

Travel and Leisure features 12 virtual walking trails around the world that you can experience right now. Be whisked away to the mountains of Switzerland, the Ukraine Tunnel of Love, Italy’s Positano, the rugged Oregon coastline, and more. See: https://www.travelandleisure.com/trip-ideas/nature-travel/virtual-walking-trails-around-the-world

TRAVELING ROBERT ON YOUTUBE shares RV travel stories from the US and abroad. He takes you along for the ride as he samples the local cuisine and visits main attractions, as well as those that are off the beaten path. See: https://www.youtube.com/user/TravelingRobert

ENJOY THE FLOWERS OF SUMMER

These ideas were adapted from https://www.greatseniorliving.com/articles/crafts-for-seniors, an article featuring a variety of interesting craft projects.

Did you know that crafting offers numerous benefits for older adults? Being engaged in hands-on creative activities can improve motor skills, strengthen social connections, reduce stress, and alleviate anxiety.

While the flowers are in bloom, try to preserve the ones you love by making Pressed Flowers. Gather some flowers and arrange them creatively between two sheets of wax paper. Place a heavy book on top to weigh the flowers down and let it sit overnight. Or cover the waxed paper with a thin cloth and press with a warm iron on a low to medium setting. The cloth prevents the iron from acquiring a waxy residue. Once the flowers are totally flat, you can laminate them or use them to decorate greeting cards, bookmarks, coasters, photo frames, and more.

If you can’t find fresh flowers, you can create beautiful blooms out of tissue paper or coffee filters. Visit: https://heyletsmakestuff.com/tricolor-tissue-paper-flower-quick-tutorial/

KEEP YOUR MIND ACTIVE

From the State of California Department of Aging, check out the Feeling Good and Staying Connected Activity Guide which is full of interesting suggestions to do from home. It’s available in English, Spanish and Chinese and can downloaded from their homepage: https://aging.ca.gov/covid19/

Being socially distanced can make it tough to stay mentally engaged, but mental engagement is more important than ever. The tips below appear on the website: https://homecareassistance.com/blog/activities-to-keep-seniors-engaged-during-covid-19

Play Games: Word and card games can keep your mind active. Consider jigsaw puzzles, crossword puzzles, and Sudoku. Don’t forget about online games like solitaire, Words with Friends, and hundreds of others.

Read: Reading is an under-appreciated activity. It can stimulate the imagination and take you to places you have never been to before. Use an E-reader or request curb-side pickup from the Framingham library.

Write: If you can write, try it out. Whether it is journaling or a story you have been burning to tell, now might be the time to do it. Perhaps this is a good time to write your personal history for your children and grandchildren.

Laugh: Although humor may not seem like a mentally stimulating activity, it is a mentally healthy one. Watch movies or funny television shows or share funny stories with friends.
WHAT’S ALL THE BUZZ ABOUT ZOOM

INTRO TO USING ZOOM
Zoom is a video conference call! It’s a website on the internet that allows you to have conversations with other people while being able to see them. No computer or handheld device...no problem, some programs will also provide the option to simply dial in by phone. If the Callahan Center is closed to the public, the VIRTUAL programs highlighted on pages 5 and 6 will all be delivered via Zoom. This is a new effort for us, too, but we hope you’ll give it a try and together we’ll learn something new.

You don’t need a Zoom account to join a call or event. With Zoom you can easily connect to live programs with the click of your mouse or via phone. Zoom works with your desktop computer, laptop, tablet, or phone.

If you’ve never used Zoom before – or if you’d like to learn a little more - we highly recommend that you watch this brief introductory video: https://www.youtube.com/watch?v=9isp3qPeQ0E

Want to read more about logging onto Zoom: See Senior Planet’s Zoom Tutorial at: https://seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf

If you’re experiencing difficulties connecting to Zoom, please sign up for Zoom support from the Callahan Center. See page 7 for details.

ZOOM Q & A
The info below was adapted from the Westend Seniors Activity Centre: https://www.weseniors.ca/whats_new/zoom-q-a/ and AARP: https://www.aarp.org/home-family/personal-technology/info-2020/how-to-use-zoom.html

I’ve heard about Zoom on the news. Is it safe?
Zoom has been in the news recently because some of their online meetings have had people jump into them uninvited. The intrusion is known as Zoombombing. In an effort to bolster security, Zoom recently unveiled Zoom 5.0, featuring robust encryption and the promise of increased protections against tampering.

Additionally, the Callahan Center has implemented heightened security measures. These include sending each person an invitation to join the meeting that contains an embedded password. The links will not be published to the public at large. We also request that you NOT share the invitation with anyone else, as they will not be on our list...just like checking into the Blais Room. When you join the meeting, you will be shifted into a “virtual waiting room” and then admitted to the program by a staff member. As part of the Callahan Center’s security measures, you must pre-register for a program to receive the link. (Just a reminder, space may be limited for some programs, even though offered remotely.)

I don’t want people to see me or my home on the screen. Can I hide it?
Absolutely! It is as easy as pressing a button. You simply press the camera video button so that it appears to have a line drawn through it and no one can see you! Please note: For some Callahan programs, we may opt to “close” your video and audio to keep the focus on the presenter and minimize distractions.

Does Zoom cost anything?
Zoom is FREE to participants. There’s no need to sign up with Zoom. Anyone interested in hosting a virtual get-together with family and friends, can sign up for a Free Basic Account. See: https://zoom.us/pricing for more information.

YOU’RE INVITED!
We invite you to come and experience our affordable, independent, and assisted living options at the Orchard Hill at Sudbury. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
Come take a tour & enjoy lunch with us!

Orchard Hill Assisted Living
978-218-3010 | 761 Boston Post Rd. | Sudbury, MA 01776 | orchard-hill.com
### August 2020 Calendar

#### Monday
- 8:30-4 Pool Tables Open
- 8:30-4 Table Tennis
- 9-11 SHINE, by appt.
- 9-4 Fitness Room $2
- 9-4 Computer Room
- 9 Pinochle
- 9:45 Strength Training/Cardio $3
- 10-11:30 VIA ZOOM: Sports Fanatics
  - 10-4 Mary Make Do
  - 11 Skip-Bo
  - 12 Conversation & Humor
  - 12-4 Duplicate Bridge
  - 12-3 Scrabble
  - 12:30 Tai Chi with John Woodward $3

#### Tuesday
- 1-3 SHINE, by appt.
- 1-4 Genealogy Group

### Center Open Until 7:30
- 1-3 Discovery Center
- 2 Friends Board Meeting
- 4:30-6:30 SHINE, by appt.

### Wednesday
- 8:30-7 Table Tennis
- 8:30 Contract Bridge
- 9 Golf at Southborough Golf Club, $18
  - 9-11 SHINE, by appt.
  - 9-7 Fitness Room $2
  - 9-7 Computer Room
  - 9 Pinochle
  - 10 Aerobics
  - 11 Zumba $3
  - 11-4 Mah Jongg
  - 11:30-1:30 Acupuncture, by appt. $20
  - 12-4 Duplicate Bridge
  - 12:30 Chair Volleyball
  - 1-2:30 VIA ZOOM: Bereavement Support Group

### Thursday
- 8:30-7 Table Tennis
- 8:30 Contract Bridge
- 9 Golf at Southborough Golf Club, $18
  - 9-11 SHINE, by appt.
  - 9-7 Fitness Room $2
  - 9-7 Computer Room
  - 9 Pinochle
  - 10 Aerobics
  - 11 Zumba $3
  - 11-4 Mah Jongg
  - 11:30-1:30 Acupuncture, by appt. $20
  - 12-4 Duplicate Bridge
  - 12:30 Chair Volleyball
  - 1-2:30 VIA ZOOM: Bereavement Support Group

### Friday
- 8:30-7 Table Tennis
- 8:30 Contract Bridge
- 9 Golf at Southborough Golf Club, $18
  - 9-11 SHINE, by appt.
  - 9-7 Fitness Room $2
  - 9-7 Computer Room
  - 9 Pinochle
  - 10 Aerobics
  - 11 Zumba $3
  - 11-4 Mah Jongg
  - 11:30-1:30 Acupuncture, by appt. $20
  - 12-4 Duplicate Bridge
  - 12:30 Chair Volleyball
  - 1-2:30 VIA ZOOM: Bereavement Support Group

### Saturday
- 8:30-7 Table Tennis
- 8:30 Contract Bridge
- 9 Golf at Southborough Golf Club, $18
  - 9-11 SHINE, by appt.
  - 9-7 Fitness Room $2
  - 9-7 Computer Room
  - 9 Pinochle
  - 10 Aerobics
  - 11 Zumba $3
  - 11-4 Mah Jongg
  - 11:30-1:30 Acupuncture, by appt. $20
  - 12-4 Duplicate Bridge
  - 12:30 Chair Volleyball
  - 1-2:30 VIA ZOOM: Bereavement Support Group

### Sunday
- 8:30-7 Table Tennis
- 8:30 Contract Bridge
- 9 Golf at Southborough Golf Club, $18
  - 9-11 SHINE, by appt.
  - 9-7 Fitness Room $2
  - 9-7 Computer Room
  - 9 Pinochle
  - 10 Aerobics
  - 11 Zumba $3
  - 11-4 Mah Jongg
  - 11:30-1:30 Acupuncture, by appt. $20
  - 12-4 Duplicate Bridge
  - 12:30 Chair Volleyball
  - 1-2:30 VIA ZOOM: Bereavement Support Group

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**PLEASE NOTE:**

The August issue of the Courier was submitted to the publisher at the end of June, at which time the Center was closed.

While many programs listed on this calendar are pending the City/State’s decision to reopen Framingham’s facilities, some will be offered virtually as indicated throughout the issue.

Note: Registration required for programs via Zoom.
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<tr>
<th>Wednesday</th>
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<td>CENTER CLOSES AT 1:30</td>
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<td>8:30-4 Table Tennis</td>
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<td>9:30-12:30 Blood Pressure Clinic</td>
<td>9:30-12:30 Blood Pressure Clinic</td>
<td>9-1 Open Sew</td>
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<td>9:45 Strength Training/Cardio $3</td>
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<td>9 Poker</td>
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<td>10 Beading with Marilyn</td>
<td>10-12:30 Discovery Center</td>
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<td>10-2 Mah Jongg</td>
<td>10 &amp; 11 SHINE, by appt.</td>
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<td><strong>10:30 VIA ZOOM: Mindful Living &amp; Meditation $3</strong></td>
<td>10-12 Ask-the-Experts</td>
<td><strong>11 VIA ZOOM: Chair Yoga with Rebecca $3</strong></td>
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<td>1 Discussion Group</td>
<td>10:30-12:30 Grupo Latinoamericano</td>
<td><strong>11 Skip-Bo</strong></td>
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<td>1-3 BINGO</td>
<td>11:30 Zumba $3</td>
<td>12:15 Chair Volleyball</td>
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<td>1-3 SHINE, by appt.</td>
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<td>12:20 Gentle Floor Yoga with Rebecca $3</td>
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<td>10 &amp; 11 SHINE, by appt.</td>
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<tr>
<td><strong>10:30 VIA ZOOM: Mindful Living &amp; Meditation $3</strong></td>
<td>10-12 Ask-the-Experts</td>
<td><strong>11 VIA ZOOM: Chair Yoga with Rebecca $3</strong></td>
</tr>
<tr>
<td><strong>11 VIA ZOOM: Living with COPD: Using Inhalers (Advanced registration required)</strong></td>
<td>10:30-12:30 Grupo Latinoamericano</td>
<td><strong>11 Skip-Bo</strong></td>
</tr>
<tr>
<td>1 Discussion Group</td>
<td>11:30 Zumba $3</td>
<td>12:15 Chair Volleyball</td>
</tr>
<tr>
<td>1-3 BINGO</td>
<td>1-3 SHINE, by appt.</td>
<td>12:20 Gentle Floor Yoga with Rebecca $3</td>
</tr>
<tr>
<td>1-3 SHINE, by appt.</td>
<td>1-3 Social Group for Women from South Asia, Middle East and Africa</td>
<td><strong>13 VIA ZOOM: Chair Yoga with Rebecca $3</strong></td>
</tr>
</tbody>
</table>

**SOME PROGRAMS ARE PENDING UNTIL WE REOPEN**
HOW TO MINIMIZE YOUR TAXES

Who likes paying taxes? No one! Below are some ways you may be able to minimize or avoid taxes:

REAL ESTATE TAXES

- **Abatements.** You may already be aware of the senior and veterans abatements, but did you know that you could be eligible for other abatements in your community. Contact the Assessor’s Office to inquire.

- **Senior tax work-off.** Your community has a tax work-off program that allows you to substantially reduce your tax bill by “working off” or volunteering in designated town departments. Contact your Council on Aging to ask about eligibility and application deadlines.

- **The state “circuit breaker” program.** If your taxes (plus 50% of water and sewer bills) exceed 25% of your annual income, Massachusetts will reimburse you for part of the bill up to $1,000, even if you do not pay state income taxes. You can also apply retroactively if you failed to apply for this over the past 2 years.

INCOME TAXES

- **Maximize your medical deductions.** Seniors who get care at home or live in an assisted living community or nursing home typically have many medical expenses. The cost of care and even the “rent” may be a medical deduction that can offset your income and reduce taxes. It may be a great time to pull tax-deferred funds and reduce or eliminate the taxes you would have paid.

- **Offset your gifting.** If your kids each received an equal share of your IRA before taxes, they may actually receive an unequal share after taxes if their federal tax brackets are different. To offset this, give your tax-deferred money to the children with less income and balance it off by increasing the shares to the others from other assets. Or, consider giving your IRA to charity; the charity receives it tax free and it may reduce your estate tax.

ESTATE TAXES

- **Don’t worry about it unless your estate will be worth more than $1 Million when you pass away.**

- **Give it away before you die.** If you (or your Power of Attorney agent) give away all your assets the day before you die, you will have reduced your taxable estate to zero and, therefore, your estate tax to zero. Remember, there is no gift tax unless you give away more than $11,580,000 during your lifetime. If you can’t give it all away, any amount you do give is not taxed in your estate, which will save Mass. estate tax.

For more information, please feel free to contact me at 508-860-1470 or abergeron@mirickoconnell.com. I will also focus on this issue in my August virtual seminar, which will be aired on local cable stations. You can also find the seminar on Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary. Frank and Mary’s YouTube channel may be a helpful resource during COVID-19, as my co-hosts and I address many common issues facing seniors and the resources available during the pandemic through weekly virtual local cable TV shows.
Alzheimer’s Community Caregivers Support Group

Caring for a family member with Alzheimer’s disease need not prevent you from taking care of yourself or your family. Ease the stress through community support.

3:00 p.m. • 2nd Tuesday of Every Month

For more information, contact: (508) 879-8000
Joan Murphy, LICSW • jmurphy@stpatricksmanor.org
Claire Henry, M.Ed, CDP • chenry@stpatricksmanor.org

We understand that when you are faced with a loved one exhibiting symptoms of Alzheimer’s disease or a related dementia, it can be a confusing and troubling time in your life. We will help you understand the disease and gain a knowledge about the best methods of care for your loved one. People afflicted with cognitive impairments require additional care to keep their emotional and physical functioning strong and healthy. Our specialized professionals connect to deliver consistent, stable care while creating an environment of warmth and understanding.
What’s really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. They know my parents, they know what they like, and they make them feel right at home.

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!
- Gloria C. // resident daughter

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com

Independent Living | Assisted Living | Avita Memory Care
Find us online: carriagehousewayland.com | facebook.com/carriagehouseatleesfarm