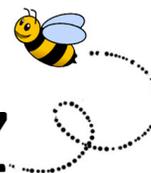


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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COA Board Members

*identify needs, develop
and implement programs
and services, educate
citizens and advocate on
behalf of elders.*

Tina Bhatia, Co-Chair
Dave Birt, Co-Chair
Barb Wheeler
Betsey Krusen
Frank Sibley
Susan Fredrickson
Patty Gayowski
Frank Powers, Liaison
with Board of Selectmen

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Buzz Production Team

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June/July 2012

Boxborough Community Center-- a Cool Place to Be

In June, July, and August, the Community Center will be one of several cooling stations in Boxborough in the event of a heat wave. There is no universal definition of a heat wave. But in the Northeast, a heat wave is typically defined as three consecutive days where the temperature reaches or exceeds 90 degrees F. (When humidity levels contribute to the heat index threshold, it could be under 90 degrees.) **The Boxborough Police and Fire Departments** will issue alerts to the public. If you are feeling the negative effects of the heat, the Police and Fire Departments are your first line of defense. Please call them for help. Cooling Centers in Boxborough are: the Sargent Memorial Library, the Town Hall, and the Community Center. Please call the Council on Aging if you have any questions regarding hours and amenities.



Boxborough FCOA Anniversary Lunch June 6

The Boxborough Friends of the Council on Aging will hold its Anniversary Lunch on Wednesday June 6 at 12:00 noon in the Boxborough Community Center, 30 Middle Road. The FCOA is pleased to present Les Fox and Frank Powers, Boxborough's two longest serving Selectmen. They will discuss their experiences as Selectmen, the current state of the Town, and the general outlook for the future. They will also be available to discuss concerns of interest to seniors.

All Boxborough seniors are welcome so please join us. While there is no admission charge, please call Marcia McNeil at the COA office (978-263-1116 ext. 118) to make a reservation. The FCOA is very grateful to Donelan's Supermarket, Roche Brothers Supermarket, and Twin Seafood for their generous donations supporting this event.

Don't Be an Outlaw by Oversight

Check the expiration date on your driver's license. The RMV no longer mails notices when you need to renew. You may be traveling this summer with an invalid license and not know it. This can create real problems, but they can be avoided. Please check your license today. You may be surprised!

Watch Out for Dehydration

Even mild dehydration can drain your energy and make you tired. But what is dehydration exactly? Dehydration occurs when a person loses so much body fluid that they cannot maintain normal function. Dehydration may be caused by not drinking enough water, excessive sweating, vomiting, diarrhea, or even fever. Signs of dehydration:

- Dry tongue and dry lips. No tears when crying.
- Sunken eyes
- Dry and wrinkled skin. If you pinch your skin and it stays "pinched" after you let go of it (called "tenting").
- Deep, rapid breathing.
- Cool and blotchy hands and feet.

Your body is roughly 60% water. How much additional fluid you need depends on how much you sweat during exercise, and the duration and type of exercise. During long bouts of intense exercise, it's best to use a sports drink that contains sodium, as this will help replace sodium lost in sweat.



So how much fluid does the average, healthy adult living in a Massachusetts type climate need? The Institute of Medicine determined that for men is roughly 3 liters (about 13 cups) of total beverages a day. The fluid requirement for women is 2.2 liters (about 9 cups) of total beverages a day.

Michael Fleming PA-C

Foods That Hydrate

Coffee, soft drinks, and alcohol are all dehydrating, so most of your fluid intake should be water. Eating fruits and vegetables (which are about 90% water) and soups are all good ways to increase your fluid intake. Yogurt (which contains potassium and sodium) is another hydrating food. If you eat lots of these foods in summer, you can decrease your water intake accordingly.

COA Café Ice Cream Social Monday July 16th at 1pm



Rather than hot coffee in the morning, the July COA Café will be an afternoon event. From 1:00 PM to 3:00 PM there will be an ice cream bar, strawberry shortcake station, and cold beverages for you to enjoy. Come and enjoy the company of others along with your sweets. All are welcome.

Fifer's Day Saturday, June 16

The 46th Boxborough Fifer's Day celebration will take place on Saturday, June 16, at Flerra Field. The day begins at 9:30 AM with the Fifer's Four-Mile Road Race. Then enjoy a parade and presentation of the Golden Fife Award. All ages are welcome to enjoy food, fun, and music. For more information or to sign up for a booth, Road Race, or Volleyball entry, please go to www.fifersday.org

Summer Hours @ the Library

The Sargent Memorial Library will be closed Saturdays during July and August from Saturday, July 7, 2012, through Saturday, September 1, 2012. The library will be open Mondays and Wednesdays 10:00 AM to 6:00 PM and Tuesdays and Thursdays 10:00 AM to 8:00 PM. Patrons may request and renew items by calling the library at 978-263-4680, or visiting the website at www.boxlib.org. Regular Saturday hours 10:00 AM to 3:00 PM will resume on Saturday, September 8, 2012.

EVERGREEN @ the Library

The Sargent Memorial Library in Boxborough and C/W MARS are moving to new library system software: **Evergreen**. On May 29, 2012, the catalog will get a brand new look, and some great new features!

When you **Login** to the new catalog after May 29, your old password will not be effective. Your **NEW password** will be your last name typed in all **UPPER CASE** for existing patrons, assigned at library for new patrons. Keep updated with our website: boxlib.org

Stay Safe this Summer!

This is the time of the year that we see a rise in questionable home improvement activity by roving workers. Some of the problems are high-pressure sales and collection tactics. We have seen pavers, roofers, and landscapers in the surrounding towns. I suggest that residents use reputable companies. If you ever have any questions, please feel free to call the police department at 978-263-2628.

Chief Ryder has announced "high intensity" traffic enforcement. Patrols are targeting minor traffic violations such as stop signs, texting, and speeding on back roads. School will be out soon and we are asking our residents to use caution on the roads.

Let me thank everyone for your kind words about my promotion to Sergeant. On behalf of Chief Ryder, we wish you all a safe and healthy summer.

Sergeant Brett Pelley, Liaison to the Seniors

Forgo the Glow

If you are a fan of sitting out in the sun to get that healthy "out-doorsy glow," the word is out: DON'T. Recent studies show that skin cancer, has increased 6 times for certain age groups, with women being hit the hardest. Exposure to the sun's burning rays is the number one cause of this disease, but this recent increase in women is being blamed on increased use of UV tanning beds. The good news is that fewer people are actually dying from it, due to early detection and treatment. It can be stopped.

COA Transportation Service

The COA van is available at a nominal fee from 9:00 AM to 3:30 PM Monday through Thursday for Boxborough seniors and residents with disabilities. The van is available for medical appointments, food shopping and most local programs. To schedule a ride, call Van Dispatcher Marcia McNeil at 978-263-1116, ext. 118, between 9:00 AM and 1:00 PM at least two days in advance to discuss the details of your ride.

What should you look for? Dermatologists use the ABCD rule.

- **A** stands for *Asymmetry*. One half of the mole is a different size or shape than the other half
- **B** stands for *Border irregularity*. Borders are the edges of the mole. Perfectly smooth or round border is good. One that resembles the map of the coastline of Maine is "irregular", not so good.
- **C** is for *Color*. Melanomas have a tendency to be black, brown or tan.
- **D** is for *Diameter*. Melanomas are usually greater than 6mm wide, or, about the width of your little-finger nail.

Melanomas are very unlike Basal cell carcinomas, which are quite common, especially for those who have worked outdoors all their lives.



Go see your Dermatologist every year for a full body check up. These nasty little things can grow anywhere, including places you can't see: palms of your feet, your gums, or your scalp hidden under hair. For more info, go to: www.melanoma.org

Michael Fleming PA-C

Volunteer Driver Transportation

If the COA van is not available, you may directly call a volunteer who has offered to drive Boxborough Seniors for local trips. There is no charge. Names and numbers are listed in the COA S.O.S. Brochure, or call Laura 978-263-1116, ext. 106 for details.

Note: Road to Recovery at 1-800-227-2345 provides free transportation and information services for cancer patients.