



# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## MAY, 2021

**Please join us for a Grab and Go Dinner**

*Thanks to Sandee's and the Town of Lancaster*

## An Elegant Spring Fling Dinner

May 19th 4 p.m.

- \* *Spring Mint and Pea Soup*
- \* *Your choice of Grilled Salmon OR Prime Rib*
- \* *Baked Potato with herbed butter*
- \* *Roasted Vegetables*
- \* *Pistachio Ambrosia*

**Lancaster Seniors \$7 all others \$10**

**RSVP by Friday May 14th at 5 p.m. Call 978-733-4076**

**Or email [coadmin@lancasterma.net](mailto:coadmin@lancasterma.net). Sorry, no drive 'ins'**

### WHAT'S INSIDE

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### STOP BY TODAY!

Lancaster Community Center  
701 Main Street, Suite 7  
(behind the War Memorials)

#### RECEPTION

978-733-4076

#### COMMUNITY SERVICES LIAISON

978-733-1249 ext 4

#### DIRECTOR

978-733-1249 ext 3

#### VAN RESERVATION

978-733-4076 or

Email: [coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

#### VAN HOURS

Mon -Thurs 8:30am -3pm \*

Office: Mon -Thurs 8:30am -1pm

\*or by reservation

**48 hours advanced notice required.**

### CENTER ACTIVITIES

Pickleball | Ballroom dancing | Yoga

Tai Chi | Walking Group | Bingo

Lunch Club | Meals | Trips | Veteran

Benefits | Well Clinics | Transporta-

tion | SHINE | Agency Referrals |

Bridge | Gardening | Mahjong | more!

Check us out on  
social media!



## THOUGHTS FROM THE DIRECTOR

*Greetings,*

Stereotypes have a funny way of taking root, but I have learned to be skeptical of stereotypes. First, I look at the facts as what you see with your own eyes. My favorite myth is granny in her rocker making an afghan - a myth. After working in the Center for nearly ten years what I see is residents and peers aging gracefully. May is Older American's month, celebrating the great contributions of older Americans. I don't have to look far to see quite a few older Lancaster Americans that calm my fears of aging. I meet people every day that cringe when I tell them I work for a Community Center and heaven forbid a 'Senior Center and Council on Aging'. Aging is not a bad thing; like everything it is what you make it. I know 80-plus year old residents that are killing it on the Pickleball courts, traveling to places on my bucket list, giving back to our Community. In general they are living well. That is how I want to age, don't you? It really comes down to spirit and lifestyle, the impact of your genes is overrated - in fact, studies prove genes influence a mere 20% of your lifespan. So get down here and improve your lifestyle in our gym, in the garden or even outside our walls with our adult learning classes. Live well, like my FAVORITE MYTH BUSTER! Wish Helen Gray a Happy 100th Birthday, May 5<sup>th</sup>. She is living well, independently and loving it. If you want to send her a card, send it to us, or better yet join her parade - we would love to have you. May 5<sup>th</sup>. Call us for details or watch FB or our email blast. What a great way to celebrate Older Americans month. Helen, you inspire us!

*Stay well, Alix*

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Contact **Lisa Templeton**  
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www.mcnallywatson.com



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Tom Gibbons MLO21515  
Diana Ancill MLO21538

  
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Celebrate Earth Day- Every Day! Help Lancaster's environment

# 2021 Clean Up Days

## April 15- May 15

**BBQ Party for  
Participants**

**May 16<sup>th</sup>**

**First Church, at noon**

**Prizes for**

**Most bags**

**Strangest trash**

**Number of Nips**

**Help us clean up  
Lancaster  
Roads+Parks**

**Pick up some yellow trash bags at the Community Center!**

### COVID-19 UPDATES and RESOURCES

We are always here to help you with information or referrals.  
Just leave Alix a message 978-733-1249 ext 3

*Here are some good on line information below*

**Link to MA Information updated Daily: Included town specific Information**

<https://www.mass.gov/info-details/covid-19-response-reporting>

**Lancaster Town Announcements** <https://www.ci.lancaster.ma.us/news>



### CORONAVIRUS UPDATES

- ◆ We are **OPEN!** For fitness, pickleball and distanced Counseling.
- ◆ We are **REMOTE** for crafts online, some classes, delivering meals and offering SHINE and Counseling assistance!
- ◆ **MEALS and TRANSPORTATION** are up and running – off site of course.

*Stay tuned for updates– join our mailing list on line.  
978-733-4076 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)*

# UNIPAY

We are now Accepting Electronic Payments  
through UniPay!

On the town website:

<https://www.ci.lancaster.ma.us/>

Click on **ONLINE PAYMENTS** in the lower left corner and  
look for the LCC/COA link.

## HEALTH AND HOME



### Recycling Center

Schedule for May, 2021

OPEN May 1st and 2nd, 10am-noon

OPEN May 15th and 16th, 10am-noon

ALL DATES ARE WEATHER PERMITTING

When in doubt check the Town Website or

### Pharmacy Outreach Program—COVID

Tuesday, June 8, 10AM

Senior Center Patio

ZOOM Meeting ID 867 5728 2735

- Medication Safety and the COVID vaccine
- Breathing Easier, Asthma vs COPD
- Depression, Anxiety and Mindfulness
- Medication Safety with Hypertension and Diabetes

*Find out how to make your home more liveable  
as you age!*

**Nashoba Neighbors** is sponsoring a FREE AARP HomeFit Zoom presentation on **Thursday, May 20th from 6:30-8:00 pm**. An expert will teach you how to modify your home to make it your "lifelong" home. Most people want to stay in their homes as long as they can even though most houses are not designed for this purpose. Come and hear what you can do to make modifications that will help you be safer and more comfortable as you live at home. You will also learn how Nashoba Neighbors can help older adults in Bolton, Berlin and Lancaster!

*All are welcome!*

**BYO Dinner**

Register on

Facebook at

**Nashoba Neighbors**

or call 978-218-8025



**Nashoba  
Neighbors**  
BERLIN • LANCASTER • BOLTON



**SUPPORT THE  
ADVERTISERS**  
*that Support  
our Community!*





TO YOUR HEALTH!

# ELDERCARE 2021

A VIRTUAL BROADCAST EVENT  
PREMIERING MAY 3, 2021

## PRESENTED BY:



Central Massachusetts  
Agency on Aging, Inc.

[www.SeniorConnection.org](http://www.SeniorConnection.org)



Sheriff Law Evangelidis  
Worcester County  
Sheriff's Office

*Presentations include:*

*Available on access television & online!*

### *10 Truths & Myths About COVID-19 for Seniors*

Dr. Erik Dickson, President & CEO of  
UMass Memorial Healthcare & Hospital

### *Safe Guarding Seniors*

Sheriff Law Evangelidis, Worcester County Sheriff's Office

### *The State of Older Adults in Central Massachusetts*

Dr. Moses Dixon, Executive Director & CEO of the  
Central Massachusetts Agency on Aging

### *The Pros and Cons of CBD Use for Seniors*

Julie Battel, CNM, MPH  
Peter DeCaro, CEO of Resinate

### *Hearing From the COVID-19 Vaccination Panel*

*with CareOne at Millbury*  
Robin Cestaro, LPN, Director of Admissions  
Melissa Ferguson, RN, Director of Nursing

### *Elder Law*

Polly Tatum, Esq.

### *Mental Health for Seniors*

Geoff Cushner, LICSW

*Moderated by:*

Danny Ferrantino  
Director of Programming  
WTAG

*Featuring messages from:*

- Congressman McGovern
- Executive Office of Elder Affairs
- Eldercare event supporters

## SPONSORED BY:



UNIBANK



Joseph D. Early, Jr.  
Worcester County  
District Attorney's Office



For more information, contact:

Amber Krasinski at [akrasinski@seniorconnection.org](mailto:akrasinski@seniorconnection.org) or 774-239-5961  
Donna Ostiguy at [dostiguy@worcestersheriff.org](mailto:dostiguy@worcestersheriff.org) or 508-796-2638



### HUNGRY? DON'T WANT TO COOK?

The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call 978-733-1249 ext 4 and ask to be signed up for home delivered meals. See what else we have to offer too! You might be happily surprised.



Worcester Elder Services and WLEN  
Invite you to the Rainbow Lunch  
Club

*Every 2<sup>nd</sup> Wed. Noon*

Unitarian Church, 90 Holden St. Worces-

## HEALTH & FITNESS

CALL FOR PASSWORDS



Get into Shape for Summer!  
**ZOOM ONLY!**

### Strength & Weight Training

SATURDAYS— 9 AM Zooming!

Check in 10 minutes early.

ZOOM Meeting ID: 907734542

Get in shape—avoid the Covid 15! (yup, that is in pounds). Strengthen your core, improve your flexibility, work on your balance with resistance training and weights. *All ages and abilities will benefit, especially seniors (50 and over).*

### Kirtan Kriya Meditation

Mondays at 9:00

Try it! FREE in May

May 17th, 24th 31st

*In person by reservation*

*Improve memory, reduce stress, sleep better and enhance your mood & well-being as we explore Kirtan Kriya meditation. This 1000 year old meditation practice stimulates the senses, awakens the brain, and rejuvenates your energy. Looking forward to meditating together.*

Instructor: Dana Winsmann

ZOOM ID: 829 5340 4756 Passcode: 01523



### Tai Chi and Quigong

Now TUESDAY at 9am— in person or Zoom!

ZOOM Meeting ID: 255384123

Tai Chi uses gentle movements to **reduce stress and improve health.** "Tai Chi strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"

-Tai Chi Grandmaster Cheng Man-Ching 1947

Studies prove Tai Chi improves balance, and reduces your risk of fall! Try it—FREE for the first virtual lesson.

Instructor: Jeff Cote

\$5 per class or 6 classes for \$25  
(Buy a card, no penalty for missed classes!)



### Keep Moving Walking Club

LOOKING FOR NEW TIMES AND DAYS/  
INTERESTED PLEASE BE IN TOUCH!

**In-person or Zoom!**  
In the gym -14 feet spacing per BOH  
So please RSVP 978-733-4076

### Chair Yoga

TUESDAYS at 10:30 a.m.

Seniors \$5 per class or 6 classes for \$25

General public \$6 per class or 6 for \$30

ZOOM Meeting ID: 433492564

No matter your capability or restriction, you will learn tools and techniques to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We start with seated poses, core work, twists, balance, spine lengthening, and strengthening and grounding work off the chair (with modifications if needed), and end with a guided relaxation, leaving you feeling peaceful, energized, and uplifted.

Please let Julianna know prior to class if you have any specific restrictions. **BONUS! Attend Tuesday and get access to a FREE Wednesday 45 Minute Class-via Zoom.**

### Zoom Only - Hatha Yoga

Mon. @ 11:15 a.m.

Meeting ID: 742183799

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle Hatha yoga. All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

*In THE GYM! We provide mats and water!*  
Monday and Saturday: \$5 per class or 6 classes for \$25

It's BACK!

### Indoor/Gym Pickleball

Many Slots available! \$3 per session

<https://tinyurl.com/LCC-pickleball>

Or, call for Sign Up Genius times and link. 978-733-4076





# FRIENDS AND NEIGHBORS AND GARDEN CLUB

**amazonsmile**  
You shop. Amazon gives.

When you use this link to do your shopping, Amazon donates a percentage to the Friends! *Thank you!*

<https://smile.amazon.com/ch/46-1483824>

*Friends of Lancaster Seniors- Thanks you!  
And Asks for your help.*

End of Year Giving in your budget? Like to honor someone? The Friends of Lancaster Seniors do great work, feeding our neighbors, helping with Fuel, providing gym equipment, garden supplies and so much more! All with the help of your donations. What better way to leverage your dollars to directly help your neighbors!

### To support the Friends,

fill out the information below, and send it and your check (payable to Friends of the Lancaster Seniors, Inc.) to:

Friends of the Lancaster Seniors, Inc.

PO Box 173

Lancaster, MA 01523

For more information about the Friends, contact Jay Moody at 978-833-8429

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is my TAX DEDUCTIBLE contribution of \$\_\_\_\_\_ (you will re-

## Get Dirty Gardening Project

Join us! Open Reservations NOW

Pick your bed, and lie in it!\*

First come, first serve.

Beds are going quickly

Interested in joining a great group of gardeners?  
All ages and abilities welcome.

Grow in our organic soil with support of trained gardeners, and grow some good friends too. We share friends, seeds and plants and of course produce. We will be sharing the bounty of our produce as well.

It is almost time to plant those peas!  
978-733-4076 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net)

*\*at least plant it!*

## Lancaster Garden Club's 10<sup>th</sup> Annual



Shop online May 1<sup>st</sup> – 31<sup>st</sup> at  
[www.lancastergardenclub.net](http://www.lancastergardenclub.net)



*Pan-  
cakes  
on the  
Patio!*



**Friends of Lancaster  
Seniors, Inc.**

**All Ages Pancake Breakfast  
Every TUESDAY Morning!**

8:30am - 10:00am

*(weather permitting)*

Donations Graciously Accepted!

\$3 is a suggested donation, but any donation is appreciated.

**Blueberry and plain pancakes, French  
toast, sausages, scrambled eggs,  
orange Juice , coffee /tea/milk.  
All you can eat!**

*Welcome back!!*

GOT NEWS? Let us know! We will share it for you .  
[aturner@lancasterma.net](mailto:aturner@lancasterma.net)

# APRIL ACTIVITY CALENDAR

## May 2021

ALL MEETINGS ON [HTTP://ZOOM.US](http://zoom.us)

April '21							June '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799	<b>27</b> Tai Chi 9-10am Chair Yoga 10:30 Mtng ID: 433492564 BINGO! 1pm Mtng ID: 807642080 Candidates Night See page 10	<b>28</b> Pickleball 9-11am Pickleball 1-3pm	<b>29</b> Pickleball 9-11am	<b>30</b> Pickleball 9-11am	<b>1</b> Strength Class 9:00 Mtng ID: 907734542 Pickleball 10am-12pm Pickleball 12-3pm
<b>3</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 ElderCare 2021 See page 5	<b>4</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>5</b> Pickleball 9-11am Pickleball 1-3pm	<b>6</b> Pickleball 9-11am Crazy Crafternoon 2-4pm Mtg ID: 862 8069 5141 Passcode: 01523	<b>7</b> Pickleball 9-11am	<b>8</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542
<b>10</b> COA Meeting 8:30 Mtng ID: 84439317311 Yoga 11:15 ZOOM Mtng ID: 742183799	<b>11</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>12</b> Pickleball 9-11am Pickleball 1-3pm	<b>13</b> Pickleball 9-11am	<b>14</b> Pickleball 9-11am	<b>15</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542
<b>17</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00 Kirtan Kriya Meditation 9am - see page 6	<b>18</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>19</b> Pickleball 9-11am Pickleball 1-3pm Sandee's Grab-n-Go! Details on page 1	<b>20</b> Pickleball 9-11am Nashoba Neighbors AARP HomeFit See page 4 for details	<b>21</b> Pickleball 9-11am	<b>22</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542
<b>24</b> Pickleball 9-11am Pickleball 12:30-2:30 Yoga 11:15 Mtng ID: 742183799 Pickleball 12:30-5:00 Kirtan Kriya Meditation 9am - see page 6	<b>25</b> Tai Chi 9-10am Pancakes! 8:30-10am BINGO! 1pm Mtng ID: 807642080	<b>26</b> Pickleball 9-11am Pickleball 1-3pm	<b>27</b> Pickleball 9-11am	<b>28</b> Pickleball 9-11am	<b>29</b> Pickleball 10am-12pm Pickleball 12-3pm Strength Class 9:00 Mtng ID: 907734542



**Sign up online!**  
 Sessions Monday, Wednesday and Friday  
<https://tinyurl.com/LCC-pickleball>  
 Check Signup Genius for all available sessions.  
 Not all sessions may be listed in the calendar!

**BACKSTAGE GYM is OPEN!**  
 Monday thru Friday, 9AM-7PM  
 MUST RESERVE TIME IN SIGNUPGENIUS!  
 MAXIMUM THREE (3) PEOPLE PER HOUR  
<https://tinyurl.com/backstagegym>



# FUN AND GAMES AND ENTERTAINMENT

## THAYER CONSERVATORY

BRINGING COMMUNITY TOGETHER THROUGH MUSIC AND THE ARTS

Sunday, May 23, 2021 - 4:00 pm | Thayer Conservatory - Red Room

### The Nashaway Trio presents Sounds of Spring: A Season of Optimism

Featuring trios by Ludwig van Beethoven, Ned Rorem, and Anton Arensky



Roy Imperio, piano, Caroline Reiner-Williams, cello, Angel Hernandez, violin

*Suggested donation of \$10 to benefit Thayer Scholarships*

*Limited seating available. first come first served. Masks must be worn throughout the concert.*

## CRAZY CRAFTERNOONS!

Join us! A small group of crafters (space is limited to give you attention) and create wonderful homemade cards-so pretty you won't want to give them away!

*Instruction, Materials, laughs just \$5*

### May Flowers Cards!

Thursday, May 6, 2pm-4pm

ZOOM.US

Meeting ID: 862 8069 5141 Passcode: 01523

Register: 978-733-4076 or

[coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

## VIRTUAL BINGO TUESDAYS 1-3

Everyone is welcome!

Join your Bingo Buddies or make some new friends. **Try this new approach to BINGO on Zoom!**

<http://zoom.us/join>

Meeting ID: 807642080

*Sorry, gotta get your own snacks!*

Forget your quarters! Call or email us for your cards.

**Call us to help you join Zoom!**



438 Main Street  
Lancaster MA 01523



ThayerConservatory.org  
978-368-2100



### JOIN US FOR A POST-CLEANUP BBQ! FIRST CHURCH, MAY 16TH, AT NOON

Prizes awarded for:

- Most bags collected
- Strangest trash
- Largest number of "nips" collected

# MUNICIPAL NEWS, UPDATES

## Library Services

Thayer Memorial Library is OPEN!

By appointment or Curbside

\*\*\*\*\*

**Thayer Library IS OPEN**

**By appointment and Curbside!**

Get your movies, magazines and books

**Now curbside!**

Members can request as many as 20 titles to be found in any library in the CW MARS network.

### Curbside Pickup appointments

- Mon: 10-4:30
- Wed: 10-6:30
- Thur: 1-4:30
- Fri: 10-4:30
- Sat: 10-1:30



Lancaster offers those over 60 and the disabled transportation services in conjunction with MART. In addition we run trips with private carriers and partner volunteers with those in need of transportation. Don't see what you need or want? Let us know and we will work on it.

## SHOPPING & DINING

WEEKLY TRIPS ARE CURRENTLY SUSPENDED

David James, Transportation Coordinator

Administrative Assistant

978-733-4076

Or 978-733-1249 ext 1103

Or coadmin@lancasterma.net



## LANCASTER MART VAN POLICIES

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

### FEES & POLICIES

Office hours are Mon -Thurs 8:30am to 1pm. Reservations: Call 978 733 4076

Please leave your request on our voicemail. Messages will be returned next business day by noon. At least 48 business hours' notice to reserve a ride.

\*We will try to honor your emergency but often can not.

\*Requests will be accepted in the order received.

\*Preference given to medical appointments.

\*Our Service Area: Lancaster, Clinton, Sterling, Bolton, Leominster, Fitchburg, Ayer.

\*FEES: Lancaster 50¢ per stop.  
Clinton, \$1 plus 50c per additional stop  
Fitchburg, Ayer \$3 plus 50c per additional stop  
All others \$2 plus 50c per additional stop

\*Special Events will be priced according to the trip.

**WE ARE  
RUNNING FOR  
MEDICAL TRIPS,  
SHOPPING  
AND  
ERRANDS! NEED A  
RIDE?  
CALL US!**

## VETERANS SERVICES DEPARTMENT

**Richard Voutour** 1st SGT

USMC RET—Veteran Services Officer

Contact: rvoutour@leominster-ma.gov

Leominster Office: Leominster

Veterans Center, 100 West Street,

Leominster, MA 01453. 978-534-7538

Lancaster Veteran Services provides the following:

VA Healthcare applications, VA Disability Claim



## MEET THE CANDIDATES!

The Lancaster Land Trust is sponsoring a Zoom Candidates Night Tuesday,

April 27,

starting at 6:30 p.m.

Meeting ID: 838 5434 3349

Passcode: 805146

Please send suggested questions for contested positions to

[info@lancasterlandtrust.org](mailto:info@lancasterlandtrust.org). For more information email the same address or call Bob Lidstone at 978-368-7747. WATCH on SLCTV Afterwards

## TOWN MEETINGS MONDAY, MAY 3

BOLTON  
FAIRGROUNDS

SPECIAL TOWN  
MEETING AT 5:15

ANNUAL TOWN  
MEETING AT 5:30

We really hoped that the epidemic would be over by now! But, just like last year's meeting.



## TOWN ELECTIONS MONDAY, MAY 10

OLD TOWN HALL  
695 Main St.  
7AM to 8PM

COVID restrictions will be in play and enforced. You will be required to wear a mask. Thank you.

Watch your mail and the Item for slates and candidate information.



# OUTREACH AND HELPFUL TIPS

## Local Food Resources

### Wheat Community Connections

Location: 272 High St., Clinton, MA 01510 Phone: 508-370-4943

**WHEAT Community Cupboard (Food Pantry)** = provides monthly groceries Hours: Monday & Thursday evenings from 4:30pm - 6:00pm,

Tuesday, Wednesday, and Thursday 10:00am - 1:00pm.

**WHEAT Community Café**=provides homemade lunches and dinners

Hours: Monday through Friday from 1:00pm - 2:00pm and 4:45pm - 6:00pm

**Stow Food Panty** provides groceries

Location: Pompo Community Center, 509 Great Road,Stow, MA 01775 Phone: 978-897-4230

Stow Food Panty would prefer that you call (978-897-4230) or email them ([stowfoodpmail.com](mailto:stowfoodpmail.com)) for an appointment, but walk-ins are welcome. Please note LCC does monthly pickups from Stow Food pantry, *but you must sign up ahead of time*, please call or email us for more information or to be put on the list.

**The Little Free Pantry at Lancaster First Church.**= Provides non perishable goods for anyone in need.

Hours: Always open

Location: Front left hand side of Lancaster First Church, Thayer Memorial Drive,

**Sharing is Caring- 7 days! Hours vary**

Location: 63 Plain Street, Clinton, MA 01510

Looking for a career to help others? Part time? call us

## LANCASTER OUTREACH

- ◆ Transportation
- ◆ Housing
- ◆ Food Stamps (SNAP)
- ◆ Fuel Assistance
- ◆ Health Insurance
- ◆ Budget and Taxes
- ◆ Fitness
- ◆ Caregiving
- ◆ Visits

*In-office hours subject to change: please call or email for an appointment.*

Looking for job?  
Want to help  
Your neighbors?

We are hiring for a Part  
Time Community Services

Liasion

[www.ci.lancaster.ma.us/  
sites/g/files/vyhlf4586/f/  
uploads/](http://www.ci.lancaster.ma.us/sites/g/files/vyhlf4586/f/uploads/)



176 WATER STREET | CLINTON, MA 01510

**Thomas R. Comeau**  
FUNERAL DIRECTOR

**(978) 365-6872**

[www.philbincomeaufh.com](http://www.philbincomeaufh.com)

*Specializing in Pre-Need Funeral Planning*

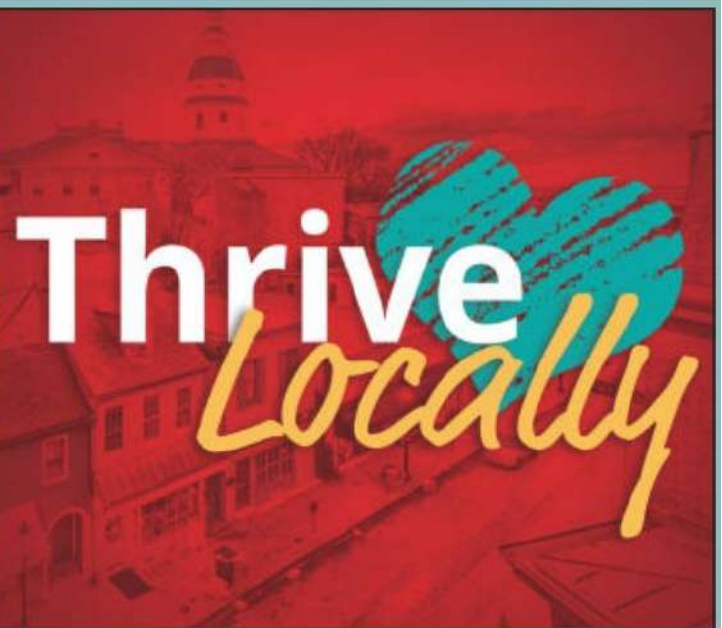
**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

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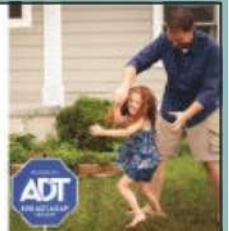
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## AROUND TOWN



### Letter from State Senator, John Cronin

I hope you are fully vaccinated and have been able to hug your grandchildren by now. Unfortunately, I know too many seniors not yet vaccinated and that is unacceptable.

That's why I've been working with my legislative colleagues and local officials to increase vaccine programs in the area. In response, the state provided targeted resources through local boards of health for senior housing com-

plexes, mobile community clinics, and door-to-door teams to vaccinate home-bound residents. In addition, federal vaccine supplies via pharmacy chains have been expanded. But this is not enough and I will continue to press the state to aggressively expand vaccination sites in the North Central region.

The good news is there will be funding to help communities recover from the impact of the last sixteen months. The real challenge is connecting those resources to those with the greatest need. This challenge will be my focus in the weeks and months ahead.

From remedial education for children who have lost learning time, to job retraining workers whose jobs have disappeared, our COVID recovery needs are substantial and I look forward to working with community partners to address these challenges.

Lastly, if you or a friend are having any issues with a state agency, like RMV or MassHealth, please contact my office so we may help to resolve the matter. Please email me at [john.cronin@masenate.gov](mailto:john.cronin@masenate.gov) or call my office at 617-722-1230.



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