COUNCIL ON AGING

The Burlington Council on Aging was formed in September 1967, by a vote of Town Meeting. Burlington residents are appointed by the Selectmen for one and three year terms. They serve as volunteers and set Policies and Procedures to provide a fuller way of life for seniors, sixty and over.

Where Are We?

We are located in the Human Resource Center, 61 Center Street and are open Monday thru Friday from 8:30 to 4:30 pm. Office: 270-1950, Coordinator: 270-1953, Transportation and Senior Citizen Organization: 270-1951, Lunch Program: 270-1952.

Monthly Meetings

The Council on Aging Board meetings are held on the second Monday of the month at the Senior Center at 5:00pm in Room 136. The meetings are open to all, with citizen participation encouraged.

Monthly Bulletin

A monthly informational Bulletin is mailed to all persons 60 and over who have registered at the COA Office - Free. The monthly Bulletin serves as a most valuable link between the Council and the elderly community. The Bulletin updates news pertaining to Medical and Legal issues and a monthly Calendar of schedules and events, with a daily lunch menu. The Burlington Senior Citizens Newsletter is also included in the mailing of the Bulletin.

Services Available

A lunchtime "Eating Together Program" operated by Minuteman Home Care is available Monday thru Friday at the Senior Center providing a nutritious meal and an opportunity to socialize with old and new friends. Operated by Minuteman Home Care, the Nutrition Program also provides Home Delivered Meals to those Burlington residents who are homebound and in need. In addition, Minuteman Home Care provides a wide range of services to Burlington residents designed to maintain individuals in their own home and communities. Services include Case Management, In-home Services, Money Management, Nursing Home Pre-screening, Companionship.

Shine

Serving Health Insurance Needs of Elders - Available twice a month on Mon day from 12:30- 3:30pm. This service is available to assist and inform elders of their rights and availability of Health Benefits. Nursing Home Assistance is part of this service. The SHINE Counselor is a qualified, trained volunteer sponsored by the State Department of Elder Affairs through Minuteman Home Care. Appointment is recommended.

Legal Assistance

Available monthly by appointment only - this is a free service with a knowledgeable lawyer, specializing in "Elderly Law".

Salvation Army

A Satellite Unit for the Salvation Army program is available at the COA Office. The program services all age groups, along with the Good Neighbor Energy Fund.

Fuel Assistance

Available at the Council on Aging Office from October through March in collaboration with the Emergency Fuel and Weatherization Program located in Lowell, MA.

Social Services

Tuesdays from 10:00 - 2:00pm. Home visits available upon request. Appointments may be made by calling the COA Office - 781- 270-1950.

Grandparent Information

Updated State and Federal Information available for Older Caregivers of minor children.

Transportation

Door to door transportation is available Free to Seniors within the boundaries of the Town for Senior Center Programs, Lunch Program, Shopping and Medical. Call 781-270-1950 or 781-270-1951.

Tax Assistance

Available FREE from February to March. Volunteers are trained and available thru the AARP Tax Assistance Program. Appointments are necessary - call the COA Office.

BCAT (Cable Access Television)

Cable Program for Seniors, under the direction of talented senior Mary Clancy.

Notary Services

Available free of charge at the COA Office.

Senior Property Tax Program

Senior Home owners who are eligible may apply for this program at the COA office.

Informational Presentations

Offered at the Senior Center on a wide array of subjects, such as Medicare, Long Term Care, HMO's, Wills, Trusts, Power of Attorney, along with experts in the field of Financial Planning, Retirement, Finance, Reverse Mortgage and Assisted Living.

Celebrations

Senior Center Open House in May, Cabaret Variety Show, Holiday parties, Volunteer Recognition, Summer Cookout and Games .

Programs Available at the Senior Center

Artist Workshop on Friday mornings – pick the media of your choice with the talented assistance of Gwen Burgess, volunteer instructor for the class.

Share Arts/Crafts – every Tuesday afternoon.

Beano on Thursdays, after lunch.

Bridge/Whist group on Wednesday mornings.

Shape Up and Stay Fit with student intern therapist from Lahey Clinic, on Monday, Wednesday & Friday morning. Prior to the fitness class on Monday the Weight Loss group meets in Room 136.

TaiChi is exercise through meditation. Class is held on Thursday mornings. Registration necessary.

Line Dancing – Beginners on Tuesday — Intermediate on Monday afternoons.

Movie Presentations, Day/Overnight Trips sign up on the Trip Board at the Senior Center.

** The Council would like to take this opportunity to thank Lahey Clinic for their most generous donation for weekend senior transportation. We look forward to an on-going community services and good will.*

COA Board Members

Mary Lindley, Chairperson
Arlene DiRocco, Vice Chair
Gwen Burgess, Treasurer
Eleanor Bonfanti, Secretary
Muriel O'Brien
Robert Tyler
Robert Wong
Marie George
Gordon Thomson
Jack Gulde

Respectfully submitted,

Jeanne A. Garrett, Coordinator