



# SENIOR SCOOP

· SEPTEMBER 2018 ·

895 Main St. Ashby, MA 01431 (978) 386-2424 ext. 27 coa@ashbyma.gov

**Our Mission:** *The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby senior residents by offering services that strive to promote each person's independence and healthy, successful aging.*

## COA OFFICERS:

Nancy Catalini, *Chair*

Jo Helander, *Vice Chair & Treasurer*

Nadine Callahan, *Secretary*

Linda Stacy

Linda Mikkola

Suzanne Harju

**Council on Aging Meetings:** The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm at the **COA Aging Office, located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor.** Meetings are open to the public and all are welcome to attend.

## Dates to Remember:

*See inside for details and more events.*

**SEPT. 3rd - LABOR DAY (Town Offices Closed)**

**SEPT. 4th - STATE PRIMARY ELECTIONS**

**SEPT. 5th - BOWLING CLUB BEGINS**

**SEPT. 7th - Townsend Senior Center  
Brimfield Fair Bus Trip**

**SEPT. 8th - ROOTSFEST, LEOMINSTER**

**SEPT. 12th - TOWNSEND SENIOR  
CENTER FREE BLOOD  
PRESSURE CLINIC**

**SEPT. 15th - FRGC BBQ & RAFFLE**

**SEPT. 15th - PEPPERELL FALL FEST**

**SEPT. 20th - LISA IYVES PERFORMANCE**

**SEPT. 26th - ASHBY LIBRARY TRUSTEES  
MEETING**

**SEPT. 29th - ASHBY PUMPKIN FEST!**

**DEC. 15th - TRIP TO A CHRISTMAS  
CAROL AT THE HANOVER  
THEATRE**

## COA DIRECTOR: Corey Harju

Phone: 978-386-2424 (ext. 27)

Email: coa@ashbyma.gov

Facebook: @AshbyMACOA

Office Hours: Wednesdays 9 - 12:00 or By Appointment

## *From the Director:*

*Dear Ashby,*

*I am excited to update you on what the COA has been up to this summer. The Ashby Fire Chief, Chief of Police, Town Nurse, SHINE councilor, and myself, recently met to discuss how our respective offices can better work together to meet the needs of Ashby's senior residents. Our plan is to meet and communicate on a more regular basis. Our goal is to implement the most effective and efficient system possible to ensure we are serving Ashby seniors to the best of our collective abilities.*

*By bringing together Ashby's human services and emergency services agencies, we will be better able to ensure Ashby seniors receive the services they need, and also, to ensure each of us address the concerns of Ashby seniors to the best of our abilities. We plan to work in collaboration with the MA Office of Elder Affairs and reach out to other towns in our area for insights and ideas. Although we are in the very early stages of planning, I am hopeful that this collaboration will provide better service to Ashby seniors and help ensure the necessary services are being provided to everyone.*

*This type of collaboration is the first of its kind in Ashby and the COA is excited about its prospects. I will keep you updated as our work develops.*

*Take care of each other -*

*Corey Harju, your COA Director*



Please join the Ashby COA for a live performance  
by singer, songwriter, and musician:



# LISA YVES

**Thursday, September 20th at 1:30 pm at the Ashby Free Public Library**

Ms. Yves is sure to delight with her American jazz and retro-soul musical stylings in this free public performance! Lisa's music is inspired from her work with such icons as Harry Connick Jr., Keith Lockhart and the Boston Pops, and her studies with jazz legends Marion Cowings, Kim Kalesti, and Joe Lovano. You won't want to miss this rare performance right here in Ashby! Public welcome!



*Made possible by a grant from the Ashby Cultural Council*

Your Ashby COA is on  
Facebook! Like us at:  
@AshbyMACOA



Like us on  
Facebook

## VOLUNTEERS NEEDED!

**WEDNESDAY, SEPT. 26th**

1:00 pm in the COA Office at Ashby Town Hall  
Your COA needs volunteers to help get our next  
newsletter ready for mailing.

PLEASE JOIN THE ASHBY COA FOR:  
CHARLES DICKENS'

# A CHRISTMAS CAROL

**SATURDAY ~ DECEMBER 15TH at the Hanover Theater**

**COST for seniors age 60+ : \$66.00 per person**

Price includes one center orchestra seat and transportation to and from the Hanover Theatre in Worcester.

**Reserve your spot by September 19th**

**PAYMENT DUE AT TIME OF RESERVATION ~ Cash or check**

**LIMITED TICKETS ARE STILL AVAILABLE! FIRST COME, FIRST SERVED**

### Details:

Attendees will Meet the bus at **12:15 pm** in the Ashby  
Legion/Ashby Congregational Church parking lot on  
New Ipswich Road.



## Good to know!

### ***Bowling Club***

**Beginning September 5th  
1:00 pm at PUTNAM STREET LANES  
(14 Putnam St, Fitchburg)**

**Contact Gary for more info & to sign up:  
Phone: (978) 343-9664 or  
Email: putnamlanes@gmail.com**

**Pick up your FREE File  
of Life Magnet at the  
COA office!**

Emergencies can happen  
any time. Be prepared!  
Keep all your medical info  
in one place right on your  
fridge! Its easy and its  
free! Contact the COA today!

#### **FILE OF LIFE**

KEEP INFORMATION UP TO DATE !!  
Review At Least Every Six Months !  
MEDICAL DATA REVIEWED AS OF MO. YR.  
Name: \_\_\_\_\_ Sex: M F  
Address: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Preferred Hospital: \_\_\_\_\_  
**EMERGENCY CONTACTS**  
Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Address: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

***Special thanks to DS Graphics for  
generously printing this month's COA Senior  
Scoop newsletter advertisement free!***

### **FARMERS MARKET COUPONS NOW AVAILABLE AT THE COA:**

Please visit or contact Corey at the COA for  
availability and eligibility requirements.



Number of coupon  
books are very limited.  
First come - first served,  
while supplies last.

### **FREE Blood Pressure Clinic**

**September 12, 2018**

**12:00 to 2:00 pm**

**Townsend Senior Center**

**16 Dudley Road**

**Townsend, MA**

This free blood pressure clinic is offered by the  
Nashoba Associated Boards of Health as a  
public health program. We invite you to drop by  
the blood pressure clinic to meet with your town  
nurse, have your blood pressure checked and  
learn more about town health services and  
wellness checks.

### **MEDICARE UPDATE:**

It's that time of year again! If you are enrolled in a  
Medicare Prescription Drug Plan or a Medicare  
Advantage Plan (HMO/ PPO), expect a packet from  
your plan by the end of September. It is important  
to understand and save this information as it  
explains the changes in your plan for 2019.  
Premiums, deductibles, co-pays, and the drugs  
covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors  
help you understand your plan changes as well as other options you may have. Call now to discuss  
your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about  
group meetings during the Open Enrollment from October 15 through December 7th!

**REMINDER: Be on the alert for your new Medicare card in the mail and  
as always, bring your card and drug list to your appointment!**

**Need Help**  
with your **Medicare**  
**Plan Comparisons**  
for Open Enrollment?



## Services -



**The SHINE Program provides FREE, unbiased, health insurance counseling to all Mass residents with Medicare, their caregivers, and those approaching Medicare eligibility.**

For more information, or to meet with a counselor, contact the Ashby COA at 978-386-2424, ext 27. Ashby's SHINE councilor is available the first Thursday of each month for appointments.

### **ADULT BEREAVEMENT DROP-IN SUPPORT GROUPS:**

*All support groups are free, no registration required, and are open to all adults.*

Second Tuesday of each month: Pepperell Senior Center and Shirley Library

Third Tuesday of each month: Lunenburg Senior Center and Townsend Senior Center

Third Thursday of each month: Harvard Senior Center and Littleton Library

First & Third Thursday EVENING of each month:  
Shirley Library

**For times and more information please contact:  
Karen Campbell: 1-800-698-3307 x 320**

### **NEED MEDICAL EQUIPMENT?**

Your COA has equipment available for you to borrow at no cost: Wheelchairs, Walkers, Canes, Chairs, Tub Stools, Bed Assist Handles, and more! Contact the COA office to confirm the item you need is available: 978-386-2424, ext 27

**ALSO...**

**REquipment is a medical equipment re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults, children and elders living in Massachusetts.** Visit [www.dmerequipment.org](http://www.dmerequipment.org) to search available equipment and for more information or call: 508-713-9690

### **Free Community Supper**



The First Baptist Church of West Townsend holds a free Community Supper every fourth Wednesday of the month from 5:00 to 7:00. The supper is open to anyone that could use a warm meal. 461 Main Street, West Townsend, MA. For information on the supper please call the church:

978-597-2641

### **COUNCILING & SUPPORT**

#### **CAREGIVER SUPPORT GROUP**

*Montachusett Home Care Corp.*

680 Mechanics St., Leominster  
(800) 734-7312

Meets 3rd Thursday of the Month  
10:00—11:15 am

#### **ALZHEIMER'S SUPPORT**

*The Highlands*

335 Nichols Rd., Fitchburg  
(978) 343-5368

Meets first Thurs. of the month 6 p.m.

#### **WIDOWHOOD SUPPORT**

*Montachusett Home Care Corp.*

Facilitator: Peter Sylvia  
(800) 734-7312

Meets Thursdays 5:30 p.m.

#### **PARKINSON'S SUPPORT GROUP**

*Pepperell Senior Center*

Meets 2nd Wednesday of the month 3:00-4:00;  
Call Susan: 978-433-0326

#### **ASHBY CONGREGATIONAL CHURCH**

(978) 386-5566

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

#### **ASHBY FIRST PARISH CHURCH**

(978) 386-5660

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

#### **SANCTUARY**

(978) 906-5081

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

### **MEALS ON WHEELS**

The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation.

Eligibility: Must be at least 60 years of age and homebound. Requested donation is \$2.25 per meal. **Call the Ashby COA office at 978-386-2424 ext. 27 to sign up.**



## Programs -

### YOGA

At the Ashby Town Hall

\$5 per session for Ashby Residents Age 60+  
(fee will be waived for those unable to pay)

**Tuesdays 5:00pm - Slow Yoga**

**Sundays 8:30am - Gentle Yoga**

### Mount Whachusett Community College

#### **Sign up now for fall 2018 Personal Enrichment Courses:**

**Basic Computer Concepts** - Tuesday & Thursday:  
9/25 & 9/27 - This class will cover the basics of using a  
computer, including exploring the internet, email, simple  
maintenance, navigation and saving/moving files.

**Facebook for Beginners** - Tuesday: 10/16 - This  
course will focus specifically on the social aspects of  
Facebook for the purpose of family and friend  
communication and collaboration. Novice/beginning  
users will learn the mechanics of account setup as well as  
the community and security aspects.

**Beginners A Cappella for Women** - Wednesday:  
9/19 - This fun class will help you understand and  
practice the techniques used to sing four-part harmony  
in a chorus or quartet: listening, breathing, warming up,  
tuning up and singing.

**Introduction to Genealogy** - Wednesdays: 10/3 to  
10/24 This is a beginner's class in Genealogy, where  
you'll learn how to document your family history and  
ancestors using data available in libraries, state and  
federal archives and various genealogy organizations.

**For class fees, times, details, and more courses,  
contact Mt. Whachusett Community College:**

**978-630-9525**

Senior citizens 60 and over receive 50% off  
applicable course fees.

### **SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM**

This program allows Ashby homeowners, age 65+  
to reduce property taxes by up to \$600 per year by  
working for the Town of Ashby.

Stop by the Assessors office at Ashby Town Hall for  
an Application!

### ALFA

**Adult Learning in the Fitchburg Area**

**NOW ENROLLING  
FOR FALL 2018 Classes**

ALFA is a Lifelong Learning Institute that  
offers non-credit daytime courses and  
special activities designed and implemented  
by the members of the ALFA in coordination  
with the professional staff at Fitchburg  
State.

**Stop by the Ashby COA office for a full  
course catalog and more information.**

### **MONTACHUSETT REGIONAL VOCATIONAL TECHNICAL SCHOOL**

#### **Sign up now for fall 2018 Continuing Education Courses:**

**COMPUTERS FOR SENIORS LEVEL I** : Tues., Sept.  
11 to Oct. 9 Become a more confident and skilled  
computer user. Students will learn how to use basic  
computer hardware and software and how to create, edit,  
save, and find word processing documents, and be  
prepared to open, close, and switch between multiple  
office applications.

**BALLROOM DANCING FOR SENIORS:** Tues., Sept.  
11 to Oct. 16 - Seniors learn how to ballroom dance with  
other beginners in a fun, convenient and safe  
environment! Beginners will focus on the fundamentals:  
foot position, rhythm and timing, and leading and  
following. You will learn the Waltz, Foxtrot, Cha Cha and  
Swing. Singles (as well as couples) are welcome to attend!  
Bring water and be sure to wear shoes with soles that  
slide easily.

**WHAT HAPPENS AFTER THE PAYCHECKS  
STOP?:** Tuesday, October 9 - A Retirement Income  
Primer Seminar. Examine how to budget for retirement  
expenses, potential sources of retirement income and  
potential risks such as LTC and health care costs.

**For class fees, times, details, and more courses,  
contact Monty Tech:**

**978-345-9200 ext 5220**

Discounts: 10% Seniors & Alumni, 15% Veterans

## Events -

### **Fitchburg Rod & Gun Club Annual Chicken BBQ and Raffle!** Saturday, September 15th - 2:00 pm

**985 Richardson Road, Ashby**  
**Please join us for music, fun, & friends!**  
**PUBLIC WELCOME!**

Dinner is \$10 per person and includes: Chicken, baked potato, corn on the cob and a variety of side dishes.

Raffle Tickets are \$5 each (only 1,000 tickets will be sold)  
Prizes: (1)\$1,000, (1)\$500, (1)\$250, (10) \$50 and (10) \$25



### **Friends of the Ashby Library's Annual**

## **PUMPKIN FEST!**

**SATURDAY  
SEPTEMBER 29th  
Ashby Common**

**Games, food, prizes, music, tractor  
parade and more!**



**Pepperell Fall Festival**  
**Saturday, September 15th**  
**10 AM - 4 PM**  
**(Rain date 9/16)**

## **rootfest 2018**

Rootsfest is a free community event! Over 50 natural and organic products vendors! Free Samples. Free BBQ at noon. Live local music. Kids activities, raffles, photo booth and so much more! Roots will be turning sweet 16 this year!

**Saturday, September 8 at 10 AM - 3 PM**  
**Roots Natural Foods**  
**100 Crawford St., Leominster**

For more info and details contact Roots: (978) 534-7668

### **Milford Pumpkin Festival**

**October 5 – October 7**  
**Milford, NH**

For more info contact:  
**Granite Town Festivities**  
Committee at: (508) 954-2786 or email to:  
**TFCMILFORD@gmail.com**



### **TOWNSEND SENIOR CENTER EVENTS:**

**Bus Trip: Brimfield Fair Friday, September 7 ~** Take a trip to America's oldest outdoor antiques flea market.

**Hospice 101 - Wednesday, September 12 ~** Learn the in's and out's of caring for an aging loved one, sponsored by Bridges by Epoch at Westford.

**The Nest Egg: When & How to Spend It Wednesday, October 17 ~** You've spent your whole life saving for your golden years. Now it's time to shift gears and use it. Learn strategies for enjoying your savings without worrying about running out.


**Please call the Townsend Senior Center for more information and to register : 978-597-1710**

## **Bolton Orchards**

**Annual Fall Food Festival**  
**October 14th 11:00 - 3:00**  
**Music, food, & fun!**

**125 Still River Road, Bolton, MA**  
For more info contact Bolton Orchards: (978)-779-2733

# SEPTEMBER 2018 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURS- DAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
						1 Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm
2	3 LABOR DAY (Town Offices Closed)  	4 How to Use Your Smartphone 11 - 12:00 Ashby Library  STATE PRIMARY ELECTIONS	5 COA Office Open 9:00 - 12:00  BOWLING CLUB Begins Putnam Street Fitchburg	6	7 Townsend Senior Center Brimfield Fair Bus Trip	8 Rootfest 2018 10:00 - 3:00 Roots Natural Foods Leominster  Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm
9	10	11 How to Use Your Smartphone 11 - 12:00 Ashby Library	12 COA Office Open 9:00 - 12:00  Hospice 101 Townsend Senior Center	13	14	15 FRGC BBQ & Raffle 2:00  Pepperell Fall Festival 10 - 4:00 Pepperell Town Field
16	17	18 How to Use Your Smartphone 11 - 12:00 Ashby Library	19 COA Office Open 9:00 - 12:00	20 PERFORMANCE BY LISA YVES 1:30 ASHBY LIBRARY	21	22 Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm
23	24	25 How to Use Your Smartphone 11 - 12:00 Ashby Library	26 VOLUNTEER AT THE COA 1:00 TOWN HALL  Ashby Library Trustees Meeting 7:00 pm	27	28	29 PUMPKIN FEST ASHBY COMMON
30	<p><b><i>Know of an event that should be included in the next calendar? Let us know! Give the COA a call: 978-386-2424 ext. 27 , email: coa@ashbyma.gov, or message us on Facebook: @AshbyMACOA</i></b></p>					



**Ashby Council On Aging**

895 Main St., Box 11  
Ashby, MA 01431

*Return Service Requested*

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Massachusetts Executive Office of Elder Affairs*



THE ASHBY COUNCIL ON AGING NEWSLETTER  
**SENIOR SCOOP**

***Pick up a copy of the Senior Scoop at the following locations:***

- **Ashby Town Hall**
- **Ashby Public Library**
- **873 Café**
- **Fitchburg Rod & Gun Club**
- **Ashby Market**

***Also viewable on the Ashby town website at:***

***[www.ci.ashby.ma.us](http://www.ci.ashby.ma.us)***