



# SENIOR SCOOP

· OCTOBER 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.*

**Oct. 2ND - FLU CLINIC AT THE ASHBY LIBRARY**

**OCT. 8th - COLUMBUS DAY**

**OCT. 10th - COA MEETING**

**OCT. 11th - TOWNSEND SENIOR CENTER FLU CLINIC**

**OCT. 15th - MEDICARE OPEN ENROLLMENT BEGINS**

**OCT. 24th - VOLUNTEER AT THE COA**

**Oct. 31st - HALLOWEEN**

**NOV. 4th - DAYLIGHT SAVINGS ENDS**

**NOV. 6th - ELECTION DAY**

**DEC. 8th - LEGION - SENIOR CHRISTMAS DINNER**

**DEC. 8th - HOLIDAY CRAFT FAIR @ AES**

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

*See inside for details and more events...*

## **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,*

*Your COA has 2 vacant council member seats and we all need members of our community to fill them. This is your opportunity to have a direct impact on the services & programs offered to Ashby's seniors! Here are the answers to some of the questions you, or someone you know, may have:*

### **WHAT IS THE COA?**

*The COA consists of 7 council members, and a director, who provide support services to elders, families, & caregivers in the community. The COA serves as an elder advocate, offering services & activities to meet the needs of Ashby's seniors. The COA is funded by the state, town, and by donations.*

### **WHO CAN BE A MEMBER?**

*All Ashby citizens who are committed to helping Ashby's senior citizens are eligible to serve on the council.*

### **WHY JOIN THE COA?**

*As a member of the COA, you will have the opportunity to directly effect the services & programs available to Ashby's senior citizens. Now is an especially exciting time to join the COA. Visit us at the next COA meeting to learn more about the COA's current initiatives:*

***Next COA Meeting:***

***Wednesday, October 10th at 3:30  
3rd floor of the Town Hall***

*We hope to see you all there!*

*Corey Harju (Your COA Director)*

# FLU SHOT CLINIC ASHBY LIBRARY TUESDAY, OCT. 2nd 2:00 - 4:00 pm



Open to everyone ages 6 months and up.

High dose flu vaccine available for those ages 65 & up.

Please bring your insurance card/information - there is no out-of-pocket charge.

If you don't have an insurance card a \$20 fee will be collected.

For more info contact the Town Nurse, Tamara, at 978-772-3335 ext 340

**If you are currently homebound, contact Tamara, Town Nurse, to schedule an at-home flu shot: 978-772-3335 ext 340**

## ASHBY FIRE & EMS

### FREE SMOKE DETECTOR CHECK-UP & REPLACEMENT PROGRAM

Contact the Ashby Fire Station to schedule an in-home check-up: 978-386-5522 (Mon - Fri, 7:00 to 5:00 pm)

How it works:

1. Contact the Fire Station to schedule a check up.
2. Ashby Fire & EMS will visit your home to check that your alarms are working properly.
3. If your alarms need replacement, Ashby Fire & EMS will replace your alarms at no cost.



# WORKING SMOKE ALARMS SAVE LIVES

Change your clock,  
Change your batteries.

**SAVE THE DATE!**

*The Ashby American Legion's*

**ANNUAL SENIOR  
CHRISTMAS  
DINNER  
SATURDAY, DEC. 8TH  
at 1:30 PM**

**Local Flu Shot Clinics:**

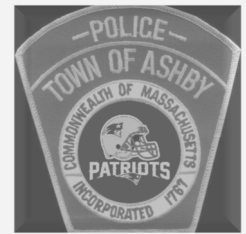
- Ashby Library - Oct. 2nd
- Townsend Library - Oct. 11th
- Ashburnham Health Fair - Oct. 15th
- Lunenburg Library - Oct. 16th
- Pepperell Senior Center - Oct. 17th
- Groton Library - Oct. 24th

For details, including times, please contact  
**Tamara, the Town Nurse:978-772-3335 ext 340**

**Ashby P.D. Tip of the Month:**

**TELEPHONE SCAM IN OUR AREA!**

There have been numerous reports from Unutil involving telephone scams in our area.



**Take the following precautions to protect yourself from such a scam:**

- **Never** share your personal information (birthday, Social Security number, bank account information, etc.) with an unknown source.
- Customers who are scheduled for disconnection due to nonpayment **receive written notice** that includes the actions they can take to maintain service.
- All Unutil employees carry company-issued identification, and any electrical contractors working with Unutil carry documentation. Customers can always call Unutil or the Ashby Police Department to verify workers' documentation.
- **Never** wire money to someone you don't know! **You cannot get it back.**
- Don't assume the name and number on your caller ID are legitimate. **Caller IDs can be spoofed.**
- **Do not call unexpected numbers or click links** that appear on your cell phone or emails – especially those asking for your account information.

**If you have any questions or concerns please contact the Ashby Police Department at 978-386-5652**

*As part of Ashby's human and emergency services' effort to better serve the needs of Ashby's senior residents, the Ashby Police Department is working with your COA to bring you helpful tips and information each month via the Senior Scoop Newsletter.*

**VOLUNTEERS NEEDED!  
WEDNESDAY, OCT. 24th**

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

**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 or Ashby Fire Dept. today!

## 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

### 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:

### 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.ashbycongregational.org](http://www.ashbycongregational.org)

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

(978) 386-5660

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

#### **SANCTUARY**

(978) 906-5081

### 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.**

# A Backbone for Caregivers: A Support Network Series

**Mondays from 1:00—3:00 PM**

**Starts Monday, September 24<sup>th</sup>**



A 6-week series with information, tips and support for caregivers concluded with a Memory Café social activity for you and your loved one.

**October 1st: Understanding Alzheimer's- The Do's and Don'ts of Alzheimer's Care**

Featuring: Master Trainer, Robert E.P. Elmer III, of Care for Caregiver LLC.

**October 15th: Use of Technology for Caregivers**

Featuring: Caregiver Specialist, Nicole Kanis of Montachusett Home Care

**October 22nd: Effective Communications**

Featuring: Program Coordinator, Denise Thomas of the Alzheimer's Association

**October 29th: Activities for Memory Care**

Featuring: Alzheimer's Care Coordinator, Kristi Mendoza of The Highlands

**November 5th: Memory Café Social**

Bring your loved one for an enjoyable afternoon activity.

**Fitchburg Senior Center  
14 Wallace Avenue  
978-829-1790**



## ASHBY COUNCIL ON AGING VAN

MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals. Ashby residents may use the van Monday - Friday for medical appointments, social day care, and shopping. The van is available from 8:00 a.m. to 5:00. Riders must be scheduled by 2:30 p.m. the day before. To apply and schedule use please call:  
**Jennifer Collins, Monday through Thursday: 386-2501, ext. 11**

## 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!

## Wednesdays at the 873 Café is Senior Discount Day!

Seniors receive a 10% discount every Wednesday! Meet up with other seniors in town to chew the fat and the food!

## HAVE HEALTH QUESTIONS?

*Ashby has a town nurse ready to answer your questions!*

**Tamara Bedard, RN**

Phone: 978-772-3335 ext. 340  
Email: tamarabedard@nashoba.org

## MEDICARE ADVOCACY PROJECT (MAP)

The MAP Project provides advice, guidance, and free legal representation to Massachusetts elders and persons with disabilities who are trying to obtain Medicare and quality health care. For help with any roadblocks to obtaining adequate healthcare coverage, please call:

**Community Legal Aid Worcester**

(508) 752-3718

405 Main Street, 4th floor

Worcester, MA 01608

<http://www.communitylegal.org/>

## BENEFITS CHECK-UP

Go to: **www.benefitscheckup.org** to quickly find federal, state and private benefit programs available to help you save money on prescriptions, health care, meals, utilities, taxes, and more. **A Free Service of the National Council on Aging**

## Events & Activities ~

### GENEALOGY CLUB

with Dwight Fitch

Townsend Library

Second Thursday of every month.

7:00 -8:30 pm

Meetings free and open to the public.

Use the library subscriptions to Ancestry.com, HeritageQuest.com and Historic Maps. (Paid for by the TPL Endowment)

If you are new to genealogy, Dwight can help you get started. **Contact the Townsend Library for more info: (978) 597-1714**

### TOWNSEND PUBLIC LIBRARY'S Dinner and a Movie

(you bring your dinner - we show the movie!)

Thursday, October 4 at 7 PM – 8:45 PM

#### “RBG”

(PG; 1h 38min)

The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

Great dinner ideas: pick up a pizza on the way to the library, bring sandwiches from home, treat yourself to Chinese, or just bring snacks!



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

**Oct. 11th - FLU SHOT CLINIC**

**Oct. 11th - How to Make an Emergency Plan**

**Oct. 17th - When & How to Spend Your Nest Egg**

**Oct. 18th - Intergenerational Crafting**

**Oct. 20th - Fall Harvest Dance**

**Oct. 25th - Yoga for Healthy Joints**

*Please call the Townsend Senior Center for more information and to register :*

**978-597-1710**

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



Like us on Facebook

### *Bowling Club*

**Wednesdays at 1:00 pm**

**at PUTNAM STREET LANES**

(14 Putnam St, Fitchburg)

**Contact Gary for more info & to sign up:**

Phone: (978) 343-9664

putnamlanes@gmail.com

### **Ashby Free Public Library - October Happenings:**

**Flu Clinic: Tuesday October 2, 2-4pm:** Stop in to get your flu shot! Nashoba Board of Health is offering flu immunizations for ages 6 months and up. If an adult does not have insurance, or card is not available, a \$20 fee will be collected.

**Cookbook Club: Thursday October 4, 6:30pm:** Join us for our monthly gathering. The cookbook of choice is "Once Upon a Chef" by Jennifer Segal. Sign up for a recipe and bring it in to share for our book club potluck!

**Adult Book Club: Wednesday October 10, 6:30pm:** Join us for our monthly book group. Check in with the Library to see what book we will be discussing!

**Drop Stitch Club: Thursdays October 11 & 25, 6:30pm:** Do you want to learn to Knit or Crochet? Do you have an ongoing project that you have given up on? Are you stuck and need some advice or help with your knitting? Work on your project with other knitters like you.

**On Display now through November 29th ~ Ashby Photo Show**

AN IMPORTANT MESSAGE FROM MEDICARE

**MEDICARE OPEN ENROLLMENT IS  
OCT. 15th - DEC. 7th**

**Attend The Medicare Update Meeting to  
find out if there are better deals on  
your prescriptions, lower co-pays, or a  
better plan for you:**

**Friday, October 19<sup>th</sup> at 10:00 AM**



**Fitchburg Senior Center  
14 Wallace Avenue  
Fitchburg**

**FOR MORE INFO CALL The Fitchburg  
Senior Center: (978) 345-9598**

**SAVE THE DATE!**

Friends of the Ashby  
Library's

**HOLIDAY**

**CRAFT FAIR**

**SATURDAY**

**DECEMBER 8TH**

**10:00 - 1:00**

**Ashby**

**Elementary  
School**

***An Intergenerational Film Screening***

Lives Well Lived celebrates the incredible wit, wisdom and life experiences of seniors who are living life to the fullest.

Although they may have seen the worst of humanity, their outlook is still optimistic. Their stories are about perseverance, the human spirit, and staying positive in the midst of the great challenges.

**Lives Well Lived**

Celebrating the Secrets, Wit & Wisdom of Age

A film by **Sky Bergman**

**Friday, October 12**

The Black Box Theater  
Groton Dunstable High School

8:30 - 9:45am  
documentary

9:45 - 10:30am  
intergenerational  
conversation with students,  
seniors and the film maker

**Please make a  
reservation by calling  
the Groton COA:  
978-448-1170**



40 people. 3000 years of collective life experience.

f LivesWellLived

lives-well-lived.com

Sponsored by  
Friends of the Groton Elders and  
Groton Council on Aging

**Local Area Fall Events:**

**Milford Pumpkin Festival**

October 5, 6, 7

In and around historic downtown Milford NH  
For Info contact Granite Town Festivities Committee:  
(508) 954-2786

**Harvard Flea Market**

Saturday, October 6 at 9:00 – 4 PM

14 Massachusetts Ave, Harvard  
For info Contact Harvard Flea Market: (978) 456-5085

**Winchendon Fall Festival 2018**

Saturday, October 6 10:00 - 3 PM

Central Street, Winchendon  
For info contact Town of Winchendon: 978-297-2766

**Westminster Cracker Festival**

Saturday, October 20 10:00 - 5 PM

97 Main Street, Westminster  
For info contact Native Joe Farm: (978) 870-2361

**Keene Pumpkin Festival 2018**



Sunday, October 28 1:00 PM

Central Square, Downtown Keene, NH  
For info contact City of Keene: 603-352-0133





# OCTOBER 2018 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
	1 Understanding Alzheimer's Fitchburg Senior Center 1:00 - 3:00 pm	2 FLU CLINIC ASHBY LIBRARY 2:00 - 4:00	3 COA Office Open 9:00 - 12:00  BOWLING CLUB Putnam Street Fitchburg	4 Cookbook Club Ashby Library 6:30 pm  Dinner & Movie Townsend Library 7:00 pm	5	6 Harvard Flea Market 9:00 - 4 PM  Winchendon Fall Festival 10-3:00
7	8 COLUMBUS DAY   <i>Columbus Day</i>	9	10 COA Office Open 9:00 - 12:00  <b>COA Meeting</b> Town Hall 3:30  BOWLING CLUB Putnam Street Fitchburg	11 Genealogy Club Townsend Library 7:00  FLU CLINIC Townsend Senior Center 3:00 pm	12	13
14	15 MEDICARE OPEN ENROLLMENT BEGINS  Technology for Caregivers Fitchburg Senior Center 1:00 pm	16	17 COA Office Open 9:00 - 12:00  BOWLING CLUB Putnam Street Fitchburg	18  	19 <b>MEDICARE UPDATE MEETING</b> Fitchburg Senior Center 10:00 am	20 Westminster Cracker Festival 10:00 - 5 PM
21	22 Effective Communication for Caregivers Fitchburg Senior Center 1:00 pm	23	24 COA Office Open 9:00 - 12:00  <b>VOLUNTEER AT THE COA Town Hall</b> <b>1:00</b>	25 Drop Stitch Club Ashby Library 6:30 pm	26	27  
28 Keene Pumpkin Festival 1:00	29 Activities for Memory Care Fitchburg Senior Center 1:00 pm	30  	31 HALLOWEEN TRICK or TREAT Main St, Ashby  BOWLING CLUB Putnam Street Fitchburg	<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: <a href="mailto:coa@ashbyma.gov">coa@ashbyma.gov</a>, 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)