



THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

· MAY 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 residents by offering services that strive to promote each person's independence and healthy, successful aging.*

COA BOARD:

Nancy Catalini, *Chair*
Jo Helander, *Vice Chair & Treasurer*
Nadine Callahan, *Secretary*
Linda Stacy
Leslie Anderson
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 (except July and August) at the COA Aging Office, located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor.

Dates to Remember:

- May 1st - NMRHS Student Art Show**
- May 4th— Ashby Community Blood Drive**
- May 5th - Annual Town Meeting**
- May 6th —Rubber Duck Derby**
- May 9th - COA Meeting**
- May 11th - NMRHS Spring Band Concert**
- May 12th - Ashby Historical Society Open House**
- May 13th —Mother's Day**
- May 23rd — Volunteer at the COA office!**
- May 24th — NMRHS Spring Choral Concert**
- May 29th — Ashby Memorial Day Parade**
- June 1st— 57th Annual NMRHS Commencement Ceremony**

See inside for details and more events.

COA DIRECTOR

Corey Harju
Phone: 978-386-2424 (ext. 27)
Email: coa@ashbyma.gov
Office Hours: Wednesdays 9 - 12:00
OR By Appointment

The COA is located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor. There is an elevator on the back of the building for easy access.

Dear Ashby,

On April 18th the COA held a meet & greet at the 873 Café to give you, the Ashby seniors, a chance to meet your new COA Director, and the turnout was better than I ever expected! For those that attended, I'd like to sincerely thank you for your interest, participation, and support. It was such a pleasure to see so many familiar faces and a joy for me to see some of you again after so many years! For those unable to make it, I'd like to take this opportunity to tell you a little bit about my experience as your COA Director so far, and give you a little background info about myself.

I was raised here in Ashby by my parents Cindy Fallon (Affayroux) and Kauko Harju. I spent most of my kid years on Log Cabin Road, Richardson Road, and at my grandparents house on the corner of Greenville and Turnpike, where my aunt and uncle, Eva and Gordon Stacy, currently reside.

After graduating from NMRHS, and after 7 years of night and weekend college classes, I received my Bachelor's of Science from Worcester State College. During those years I worked many a job, ranging from a florist, to a house cleaner, to a deer tick collector and eventually as a paralegal in a law firm in downtown Boston, (continued page 2)

From the Director continued...

(Cont. from page 1)...

where I spent 11 years working with litigation attorneys. During my "Boston years", I was offered a position to work as the Executive Director of a large non-profit for attorneys and, I believe, it was that job that led me to the Ashby COA Director position. It taught me how to work with a board of directors, how to operate a non-profit organization, and, most importantly, the gratification that comes from working for something other than profit. During those Boston years, I worked with attorneys from towns like Newton and Wellesley, New York and Chicago, for which they were, and rightly so, very proud. So whenever I was asked where I was from, I would even more proudly respond: "I'm from Ashby...the westernmost town in Middlesex County!". I am proud to be from Ashby and even more proud and humbled to be able to "come home" and put my skills to work for the people of Ashby as your COA Director.

In the 11 weeks that I have been your COA Director, I feel the COA Board and I have accomplished a lot and I hope to keep that momentum going. I believe communication is the key to success and that's why this newsletter is so very important to the COA. It is the way we communicate with those we serve...you! If you have any comments or suggestions on how to make it better or how the COA can better serve you, please reach out to me or any of our COA board members. Take care of each other!

~ Corey Harju (Your COA Director)

VOLUNTEERS NEEDED!!
WEDNESDAY, MAY 23rd
1:00 pm in the COA Office at the
Ashby town hall (3rd floor)

Your COA needs volunteers to help get our next newsletter ready for mailing. No registration needed. Coffee and water will be provided.

Special thanks to DS Graphics
for generously printing this
month's COA Senior Scoop news-
letter advertisement free!



Attendees at the Council on Aging Chat & Chew meet & greet with the COA Director, April 18, 2018

HAVE HEALTH QUESTIONS?

Ashby has a town nurse!

Tamara Bedard, RN

Phone: 978-772-3335 ext. 340

or email: tamarabedard@nashoba.org



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your **COMMUNITY**, Your **CHOICE** Since 1931

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...

MassMATCH can help!

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 to search available equipment and for more information or call: 508-713-9690

NEED A NOTARY?

Your COA Director is a commissioned Massachusetts Notary!

Appointment required

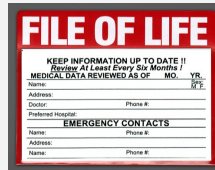
Call the COA Office to make an appointment:

978-386-2424 (ext. 27)

This is a free service provided by your COA.

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

Emergencies can happen any time. Be prepared! A File of Life can save precious moments and lives!



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 on the SHINE program, 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.

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

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

SANCTUARY

(978) 906-5081

HUNGRY?

The First Baptist Church of West Townsend holds a free Community Supper every fourth Wednesday of the month from 5:00 to 7:00 pm in their fellowship hall.

The super is open to anyone that could use a warm meal.

First Baptist Church of West Townsend is located at 461 Main Street, West Townsend, MA. For information on the supper please call the church: 978-597-2641

Programs -

CRAFTS & COCKTAILS LADIES CLUB !



Townsend VFW Hall - Every Other Monday 6:30-8pm

Join us! Crafts & Cocktails Ladies Club is a casual social club where ladies can unwind together while crafting different DIY projects each week. Bring a friend or meet new ones. No need to be too "crafty", all projects are simple & for fun! Give them as gifts or keep for yourself!

Raffle door prize! Cocktails purchased at the bar. Event is 21+ only.
\$15 per session, includes all crafting materials (Bring a friend, get \$1 off)

Advanced RSVP is Required for Each Session Please.
Check Facebook or Email us for the schedule of events.

Some featured craft events include:
Birdhouse Decorating/Mason Jar candlestick glasses/Bohemian Wall Decor (see photo)/
4th of July themed craft/Pinterest fairy houses/Homemade Teas/Body Scrubs/Herbs in
Teacups/Holiday themed crafts and many new and trendy crafts to come!

Find our group on Facebook! Search: Crafts & Cocktails Ladies Club
Email: EventfulPartyPlanners22@gmail.com

YOGA at the TOWN HALL:

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

Tuesdays 8:30am - Chair Yoga

Tuesdays 5:00pm - Slow Yoga

Sundays 8:30am - Gentle Yoga

Sponsored by Ashby Council On Aging.
All ages over 18 welcome.

CHAT AND CHEW

Every Wednesday, 9:00 am
873 Café

Meet up with other local senior residents
to chew the fat and the food.
Seniors receive a 10% discount!

TOWNSEND SENIOR CENTER EVENTS:

*Please call Townsend Senior Center at 978-597-1710
for more information and to register for all events.*

Bill May and His Picking Buddies
Thursday, May 3rd, 10:30 am - 12:00 pm

"I Don't Cook Anymore"
Monday, May 7th, 1:00 pm

Quilters Fieldtrip - Fabric Place in Keene
Monday, May 11th, 9:30 am

Songbirds of New England
Thursday, May 24th, 12:30 pm

The Ashby Council on Aging's Outreach Program

The purpose of the Outreach Program is to make contact with Ashby's senior citizens, determine their needs and interests, and meet those needs and interests through appropriate referrals, program development and advocacy. The COA Director can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call the COA office at 978-386-2424 ext. 27.

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.

- Applicant must meet eligibility requirements, must have appropriate skills and physical ability for position, and the Applicant and Department Head must both agree the job is an appropriate match;
- Job Opportunities are based on individual department needs;
- Stop by the Assessors office at Town Hall for an Application;
- More info can be found on the Ashby Town Website or contact the Board of Assessors (978) 386-2427 x 15 .

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**

FUEL ASSISTANCE PROGRAM

Fuel assistance for eligible renters and homeowners is available from the New England Farm Workers' Council. To apply, or to complete your re-certification, please contact the Ashby COA OR contact the **New England Farm Workers' Council at 978-342-4520 or Good Neighbor Energy Fund at 800-334-3047 .**

HOME MODIFICATION LOAN PROGRAM

If you or a household member is disabled or an elder, the Home Modification Loan Program can provide a loan so you can make needed adaptations or modifications to your home. Call the COA office for help applying to the program. 978-386-2424, ext 27

Events -

Ashby Community Blood Drive Fire Department

Equipment Bays
1093 Main Street
Ashby, MA 01431

**Friday, May 4, 2018
1:00 PM to 6:00 PM**

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: AshbyMA to schedule an appointment.

ASHBY - 2018-04-05 - 09:45 AM

FREE

Vision, Cataract, Glaucoma Screening!

Thursday, May 10 at 9:30 AM - 10:30 AM

**SHIRLEY COUNCIL ON AGING
9 Parker Road, Shirley, MA**

An optometrist from D'Ambrosio Eye Care will provide **free** vision, glaucoma, and cataract screenings at the Shirley Council on Aging. There is no charge for this screening, no insurance required and no preregistration required. If you have any questions, please contact Jude Seppa, Community Outreach Administrator, D'Ambrosio Eye Care at 978-728-5436.

From The Ashby Land Trust:



3rd annual

Rubber Duck Derby

Sunday, May 6 at 1 pm

Race is at Damon Pond in Willard Brook State Forest.
To purchase a duck for the race or more information



Mothers love old Barns

May 11 - 12 - 13 10 am to 5 pm

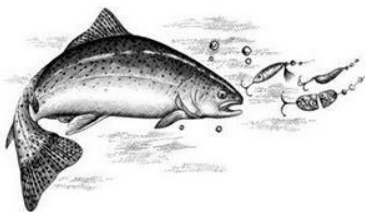
The Northern Barn Farm & Gallery

**THE ASHBY HISTORICAL SOCIETY
OPEN HOUSE
MAY 12, 2018
AT THE OLD ENGINE HOUSE
(846 MAIN ST., ASHBY)**

**FREE SPRING 2018 OPEN HOUSE & BARN
Visit our baby goats, chickens & ducks!!
Family Friendly
Souvenirs! Appetizers will be served.
THE NORTHERN BARN
1423 Piper Road, Ashby**

ANNUAL FAMILY FISHING DERBY AND KIDS DERBY*

May 19, 2018 7AM - 3PM
Fitchburg Rod & Gun Club
985 Richardson Rd. Ashby, MA 01431



**\$20/PER PERSON
KIDS UNDER 16 YRS FREE
BREAKFAST AND LUNCH SERVED
ALL MA LAWS APPLY
PUBLIC WELCOME!**

*The Annual Ben Pinault Kids Fishing Derby is joined to make up for previous winter ice conditions.



FITCHBURG ROD & GUN CLUB
985 Richardson Rd. Ashby, MA 01431
978-386-5352 | fitchburgrodandgunclub@gmail.com
www.fitchburgrodandgunclub.com
Facebook: FRGC Ashby, Fitchburg Rod and Gun Club
Instagram: #fitchburgrodandgunclub

APPALACHIAN MOUNTAIN CLUB PRESENTS: PEAKS & PIANOS

Saturday, May 19, 2018

8:45 am - 4:00 pm

**This is a FREE event for families and individuals.
Members and nonmembers are welcome.**

Moderate hike up Mount Watatic followed by a break for lunch, then a special tour of the Frederick Historic Piano Collection in Ashburnham. 3-mile loop hike is approximately 3 hours. Piano tour is 1.5-2 hours. Space is limited and **registration is required**. Meeting location will be sent to those with reservations. **REGISTRATION REQUIRED.**

To REGISTER and questions contact: Ken Richman
617-459-3565 or kennetharichman@gmail.com
www.outdoors.org



Good to know!

ANNUAL TOWN MEETING

Saturday, MAY 5th, 2018

9:30 am

ASHBY ELEMNTARY SCHOOL

THE FEDERAL POVERTY LEVELS HAVE INCREASED:

As a result of increases to the Federal Poverty Level, Eligibility Guidelines for Public Benefits Programs in Massachusetts have changed. MassHealth has increased the income limits for several programs you may be eligible for. The income to be eligible for MassHealth **Standard** has increased from \$1,025 for a single person to \$1,032, for a married couple it has gone up to \$1,392 from \$1,374. For another popular program MassHealth **Buy-in (this would pay your Medicare Part B Premium)** the eligibility income has gone up to \$1,386 from \$1,377 for a single person and from \$1,847 to \$1,872 for a couple. These increases also apply to **Full Extra Help** a program from Social Security that helps pay for your medications. You can qualify for **Partial Extra Help** if your income is below \$1,538 for a single person and \$2,078 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call the COA office to schedule a meeting with Ashby's SHINE councilor for more information.

North Middlesex Regional High School Events:

Please contact NMRHS for more information on any of these events at the high school: (978) 597-8721

May 1 @ 5:00 pm Student Art Exhibit

May 11 @ 7:00 Spring Band Concert

May 22 @ 4:00 Cancer Survivor Supper

May 24 @ 7:00 Spring Choral Concert

June 1 @ 6:00 Graduation (to be held at Fitchburg State)

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 if you would like to receive Meals on Wheels.



CHARITY AUCTION

MAY 5th

TOWNSEND CONGREGATIONAL CHURCH
Preview at 6:00 pm. Live Auction begins at 7:00 pm.

No admission charge.

Good food and beverage and lots of fun!
Just some the items to be auctioned are: Gift certificates to restaurants and activities. Vacation get-aways to Maine and Provincetown. A truckload of green wood, museum gift certificates, flowers, antique bottles, Sam Thorpe original painting of the Townsend Common, wicker rocking chair, antique spinning wheel, gift baskets and much, much more!!!

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 at
386-2501, ext. 11

MAY 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 Student Art Show 5:00 pm NMRHS	2 Chat & Chew 9:00 am 873 Café	3 SHINE Counseling By appointment COA Office Cookbook Club 6:30 pm Ashby Library	4 Blood Drive 1:00—6:00 pm Ashby Fire Station	5 Town Meeting 9:30 am AES Auction at TCC 6:00 pm Townsend Congregational Church
6 Gentle Yoga 8:30 am Ashby Town Hall Rubber Duck Derby; 1:00 Damon Pond	7 Crafts & Cocktails Ladies Club 6:30—8:00 pm Townsend VFW	8 Chair Yoga 8:30 am Ashby Town Hall Slow Yoga 5:00 pm Ashby Town Hall	9 COA Office Open 9:00 am —12:00 COA Board Meeting; 3:30 pm COA Office Chat & Chew 9:00 am 873 Café Adult Book Club 6:30 pm Ashby Library	10 FREE Vision Checks 9:30 am —10:30 Shirley Senior Center Drop Stitch Knitting Club 6:30 pm Ashby Library	11 Spring Band Concert; 7:00 pm NMRHS Open House; 10:00 am —5:00 The Northern Barn, Farm & Gallery	12 Ashby Historical Society Open House Old Engine House Open House; 10:00 —5:00 The Northern Barn, Farm & Gallery
13 MOTHER'S DAY Gentle Yoga 8:30 a.m. Ashby Town Hall Open House; 10:00—5:00 The Northern Barn, Farm & Gallery	14	15 Chair Yoga 8:30 am Ashby Town Hall Slow Yoga 5:00 pm Ashby Town Hall	16 Chat & Chew 9:00 am 873 Café	17	18 Family Fishing Derby 7:00 am—3:00 Fitchburg Rod & Gun Club	19 AMC Peaks & Pianos 8:45 am —4:00 Mt. Watatic
20 Gentle Yoga 8:30 am Ashby Town Hall	21 Crafts & Cocktails Ladies Club 6:30—8:00 pm Townsend VFW	22 Chair Yoga 8:30 a.m. Ashby Town Hall Slow Yoga 5:00 pm Ashby Town Hall Cancer Survivor Supper; 4:00 pm NMRHS	23 Chat & Chew 9:00 873 Café VOLUNTEER AT THE COA! 1:00 pm COA Office, 3rd Floor, Town Hall	24 Spring Choral Concert; 7:00 pm NMRHS	25	26 Finnish Pannukakku Breakfast 8:00—10:00 Saima Park, Fitchburg
27 Gentle Yoga 8:30 am Ashby Town Hall	28 Ashby Memorial Day Parade 	29 Chair Yoga 8:30 am Ashby Town Hall Slow Yoga 5:00 pm Ashby Town Hall	30 Chat & Chew 9:00 am 873 Café	31	Do you know of an event, news, or information that should be included in the next Senior Scoop? Let us know!.. Email: coa@ashbyma.gov or call: 978-386-2424 ext 27.	



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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Massachusetts Executive Office of Elder Affairs*



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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