



SENIOR SCOOP

· MAY 2019 ·

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, *Treasurer*
Nadine Callahan, *Secretary*
Linda Stacy
Linda Mikkola
Peggy VanHillo
Gary Asher

Council on Aging Meetings: The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm at the **COA 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.

MAY 1st - ESTATE PLANNING 101 at the ASHBY COA, 3:00

MAY 4th - ANNUAL TOWN MEETING, ASHBY ELEMENTARY, 9:30

MAY 15th - COFFEE WITH A COP at the 873 Café, 12:00

MAY 22nd - VOLUNTEER AT THE COA, 1:00

MAY 27th - ASHBY MEMORIAL DAY PARADE, TOWN COMMON,

JUNE 10th - STATE SENATOR ANNE GOBI VISITS THE ASHBY COA, 3:00

JUNE 19th - INTRODUCTION TO REIKI WITH KATHY BENSON, LICSW, 10:30 A.M., FITCHBURG SENIOR CENTER

JUNE 26th - CLEAN & GREEN WORKSHOP! AT THE COA, 2:00

COA DIRECTOR: Corey Harju

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

Email: coa@ashbyma.gov

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

From the Director:

Dear Ashby,

At the time I'm writing this, it's mid-April, and the COA Budget for Fiscal Year 2020 still remains to be finalized by the Ashby Selectmen and Finance Committee. The two groups are meeting again next week to finalize the budget numbers. By the time you are reading this, we will all know whether the COA's efforts to increase our budget have been successful.

That being said, here's what I can tell you for sure: all of our work, meetings, lobbying, and discussions, have not been unfruitful. I have learned a lot during this budget-increase-process, namely: how the town of Ashby's budget process works, how reliant Ashby is on the volunteer-spirit of it's citizens to keep our town functioning, and the high level of dedication & commitment of those volunteers that serve on our committees and boards.

The COA and I have also learned that, at times, there is misunderstanding as to exactly what the Council On Aging does. It's our job to make sure the community and it's leaders are educated on the COA so everyone in Ashby can benefit from its services. To that end, here are the 4 defining elements of all COA's, that everyone needs to know:

- 1. COA's serve as an elder advocate and offer services and activities for seniors;*
- 2. COA's provide local outreach, social and health services, advocacy, information, and referral for older adults, their families, and caregivers;*
- 3. COA's serve as a link to support for seniors;*
- 4. **Each COA determines its own priorities based on local needs and resources;***

Number 4 is worth highlighting, because it means that the Ashby COA must be what Ashby citizens want and need it to be. We need your feedback to make this work. Come to a COA meeting, contact a COA member, or come to a Chat & Chew on Mondays at the 873 Café! Your COA members and I look forward to making the Ashby COA meet the needs of Ashby seniors now and in the future.

Take care of each other ~ Corey Harju (Your COA Director)



MAY IS ELDER LAW MONTH!

Estate Planning 101

Wednesday, May 1st, 3:00 p.m.
at the COA office (3rd floor, Ashby Town Hall)

Attorney Julie Johnson, of the Law Offices of Nancy Catalini Chew, will give an overview of Trusts, Wills, Asset Protection and more!

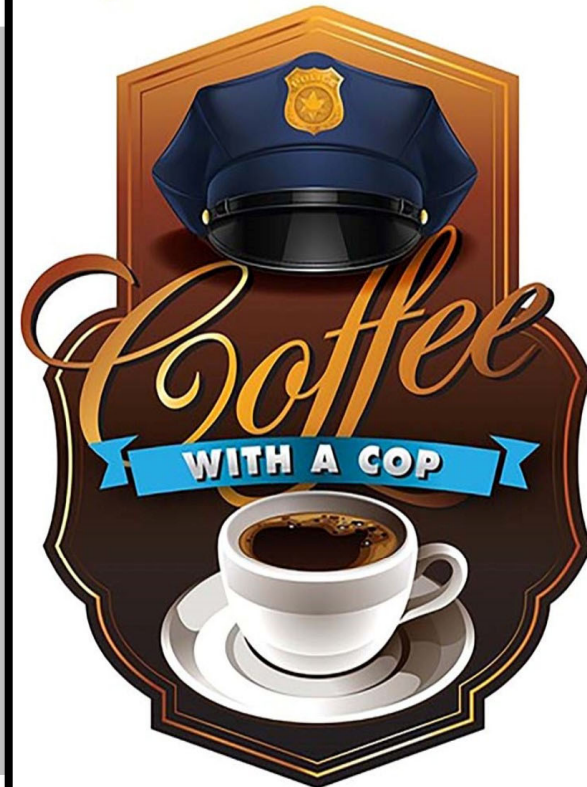


Attorney Julie Johnson



Please join the Ashby COA for this free, informative session, get your questions answered and learn what you need to know to make a plan for the future!

Light refreshments will be served.



COFFEE WITH A COP

Wed., MAY 15th | 12:00 - 2:00 p.m.
at the 873 Cafe

Pull up a chair and get to know your local police officers. Ask questions and tell us about your concerns. The coffee is free, the conversation is informal and informative. We look forward to learning about you and your part of town.



Free coffee compliments of the 873 Café
For more information, or questions, please
contact the Ashby Police Department :
978-386-5652

JOIN THE ASHBY COA FOR A

WALK *With Friends!*

Mondays at 8:50 a.m. at Willard Brook State Forrest's Valley Road Trail (Meet at the corner of routes 119 & 31)

PLEASE
NOTE: There
will be NO
WALK on
MEMORIAL
DAY, MAY 27th

SIGN UP AT THE COA

- The walk will last approx. 1 hour
- **PLEASE ARRIVE ON TIME**
- All walking speeds are welcome - no one is left behind
- Keep in mind the trail is not paved and is, at times, uneven

• Rain or shine

- Please dress for the weather and wear appropriate shoes
 - Be prepared: bring water, wear sunscreen, and don't forget your bug/tick repellent

Let's get outside and enjoy what Ashby has to offer!

JUNE 26TH @ 2:00 TO 3:30

CLEAN & GREEN WORKSHOP

JOIN THE COA TO LEARN HOW YOUR HOME ENVIRONMENT CAN IMPACT YOUR HEALTH



TAMARA BEDARD, RN & COMMUNITY HEALTH MANAGER AT NASHOBA ASSOCIATED BOARDS OF HEALTH, WILL DISCUSS HOW TO "ADDRESS THE MESS"

AND THE POSITIVE EFFECT ON YOUR PHYSICAL & EMOTIONAL HEALTH!

ECO-FRIENDLY CLEANING

EXPERT, LINDA STACY, WILL

DISCUSS THE NON-TOXIC

CLEANING PRODUCTS SHE USES

AND THE BENEFITS OF NATURAL

CLEANING PRODUCTS.



ALL ATTENDEES (AGE 60+) RECEIVE A FREE GIFT OF ECO-FRIENDLY CLEANING PRODUCTS!

REGISTRATION REQUIRED TO RECEIVE A FREE GIFT

ECO-FRIENDLY DOOR PRIZES!

LIMITED SPOTS ~ SIGN-UP AT THE COA:

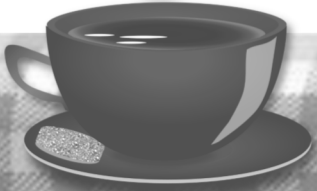
978-386-2424 EXT. 27 OR EMAIL: COA@ASHBYMA.GOV



PLEASE NOTE: Nashoba Associated Boards of Health, and its employees, do not endorse or promote individual products, brands, vendors or services. The Ashby COA, and its members and employees, do not endorse or promote individual products, brands, vendors or services.

CHAT & CHEW

**Mondays, 10:30 to 11:30 at the
873 Café. Join your COA Director
for an informal chat.**



**PLEASE NOTE:
NO CHAT & CHEW on
MEMORIAL DAY, MAY
27th**

VOLUNTEERS NEEDED!

**WED., MAY 22nd - 1:00
pm at the COA (Ashby Town
Hall - 3rd Floor)**

Your COA needs volunteers to help get
our next newsletter ready for mailing.
Everyone is welcome.

**State Senator
Anne Gobi
Visit to the
Ashby COA
MON., JUNE 10th
at 3:00 p.m.**



Light refreshments will be served.

**Ashby's
Memorial Day Parade:
Monday, May 27th**

**Parade starts at the Ashby Town
Common at 2:00 p.m.**

**Chicken BBQ at Allen Field at
3:30 pm ~ \$10 per person
Includes chicken, veggies, & more!**

**Contact the Ashby Legion for
tickets: 978-386-7977**



THE ASHBY COA's LITTLE FREE LIBRARY

The COA's little library is a free book exchange located at
the COA (3rd Floor, Town Hall). It belongs to everyone and
everyone can use it.

HOW IT WORKS:

1. Take a Book

When you're done, bring it back, pass it along,
or donate it to a library.

2. Share a Book

Donate a book or two that you no longer need.

There are no fees and no membership required. Free for
everyone! Come check it out the next time you're at
Town Hall!

FREE COA BOOKMARKS (while supplies last)

ASHBY'S ANNUAL TOWN MEETING: SAT., MAY 4th, 9:30 a.m. ASHBY ELEMENTARY

It just got a little easier for seniors visiting Ashby Town Hall: New handrails were recently installed at both front entrances!



Are you 65 this year and need to learn about Medicare?

Meet with a Free **Medicare Counselor** to learn what you need know and have all your questions answered!

Ashby's SHINE Medicare Counselor is available to meet with Ashby residents the first Thursday of each month.

Call Ashby COA to schedule an appointment with a counselor:

978-386-2424, ext. 27



**MEDICAL EQUIPMENT
IS AVAILABLE FOR
YOU TO BORROW AT
THE ASHBY COA**

Call the COA for availability:
978-386-2424 Ext. 27



WHEELCHAIRS



CANES



SHOWER CHAIRS



WALKERS

ALSO AVAILABLE: BED ASSIST BARS, COMMODOES, AND MORE!

United StatesTM **Census** Bureau

**IS NOW HIRING!
FOR THE 2020 CENSUS**

Work from Home

\$25—\$27.50/hr

flexible hours; temporary positions

Office positions

\$20—\$26/hr

Jobs are in Middlesex County
Federal government employment

Apply online at: www.2020census.gov/jobs
Any problems, call 1-855-JOB-2020

VOLUNTEER OPPORTUNITIES:

Looking for a way help in your community? Consider serving on a committee!

Available volunteer positions in Ashby:

**Finance Committee
Conservation Commission
Cultural Council
Historical Commission
Historic District Commission**

Ashby relies upon the volunteer spirit of its residents to serve on Committees and Commissions.

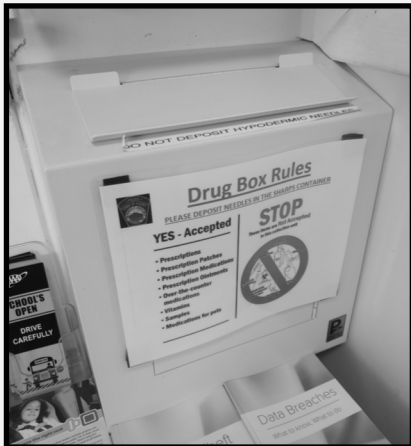
Please consider volunteering!

Contact the Ashby Town Hall for questions and more information:

978-386-2424

Ashby P.D. Tip of the Month:

PRESCRIPTION DRUG TAKE BACK BOX



Now that spring has officially arrived some of you may be in the mood to clean up the house a bit. If you are looking to get rid of any unused or expired medicine we want to offer you a safe and effective way to dispose of them. The Ashby Police Department offers a drug take back box for disposal of medications. The box is conveniently located in the lobby of the Ashby police station year round.

There are a few simple rules to remember when dropping your medicine in our drug take back box: We do not accept any needles, liquids, or aerosols (inhalers) in this container. We also ask that you place all your pills in a Ziploc bag. This saves space from the bulky packaging of pill boards and pill bottles. You can then dispose of your empty pill bottles and boards with your normal trash. If you do have any needles that need to be disposed we have a separate container to accept these items. If you have any questions or concerns, please do not hesitate to reach out to your **Ashby Police Department: 978-386-5652.**

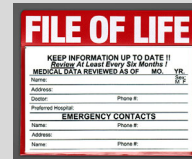
Programs:

MEALS ON WHEELS

The Ashby COA through the Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Must be at least 60 years of age and homebound. Call the Ashby COA office at **978-386-2424 ext. 27** for more info.

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!



ASHBY MART SHUTTLE SERVICE

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 - Thursday: 386-2501, ext. 11

MEDICAL EQUIPMENT AVAILABLE

Your COA has equipment available for you to borrow at no cost: wheelchairs, walkers, canes, chairs, tub stools, bed assist handles, and more! If the item you need is not available we can assist with locating it. Contact the COA office for availability: 978-386-2424, ext. 27

HAVE HEALTH QUESTIONS?

Ashby has a town nurse ready to help!

Tamara Bedard, RN:

978-772-3335 ext. 340

Ashby's Town Nurse is made possible by Ashby's membership in the Nashoba Associated Boards of Health.

MART to Boston & Worcester

MART provides transportation to Worcester & Boston. The shuttle service departs from Fitchburg Intermodal Center on lower Main St. across from Dunkin Donuts. Worcester shuttle leaves at 7:30am, 11:30am and 3:30pm. Cost is \$8.00 one way with Mart ID. Boston shuttle leaves at 7:30am, Noon and 3:00pm. Cost is \$10.00 one way with Mart ID. If you need a return ride please call MART at (978) 345-7711 (ext. 3) when you get on the bus. They will give you the different time options and you will be asked to call MART one hour before the time of your pickup.

SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM

This program allows Ashby homeowners, age 60+ to reduce property taxes by working for the Town of Ashby. Stop by the Assessors office at Town Hall for an Application!

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.

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**

Contact your Ashby COA for help with all your needs!

SNAP Benefits (food assistance), Fuel Assistance, Legal Aide, Medicare questions, medication costs, and more!
COA: 978-386-2424 ext. 27

FREE NOTARY SERVICES:

Call the COA to make an appointment:

978-386-2424 (ext. 27)

This is a free service provided by your COA.

Your Ashby COA is on Facebook!

Like us at: **@AshbyMACOA**



Like us on Facebook

Services -



MEDICARE COUNSELING: 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 counselor is available the first Thursday of each month for appointments.

COMMUNITY SERVICES :

Community Legal Aid of Central MA (free):
(855) 252-5342 | www.communitylegal.org

Elder Helpline: Mon-Fri 9a-8pm, Sat 9am-1pm
(800) 243-4636 | TDD/TTY (800) 872-0166

Executive Office of Elder Affairs:

(800) 922-2275 Report Elder Abuse

Operating 7 days a week 24 hours a day.

Fitchburg Family Pharmacy: (978) 878-8465

FREE delivery of medications Monday-Friday.

Please allow 24 hours for delivery.

Fuel Assistance: Salvation Army (978) 342-

9407 New England Farm Worker's Council

(978) 342-4520

MassOptions: Free referral service

(844) 422-6277 | www.MassOptions.org

MOC Meals on Wheels: (978) 345-8501

Home delivered meals

Twin City Area Memory Cafe: (978) 400-8778

1st Wednesday of the month from 1:00pm -

3:00pm At Leominster Senior Center.

Contact: JoAnn Valois

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 Silvia

(800) 734-7312

Meets Thursdays 2:00 p.m.

PARKINSON'S SUPPORT GROUP

Pepperell Senior Center

Meets 2nd Wednesday of the month 3:00-4:00; Call Su-

san: 978-433-0326

ASHBY CONGREGATIONAL CHURCH

(978) 386-5566

www.ashbycongregational.com

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

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) **CHANGE YOUR CLOCK = CHANGE YOUR BATTERIES!**

Free Community Supper

The First Baptist Church of West Townsend holds a free Community Supper on the last 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

Need Help with the Cost of Your Prescription Medications??

Prescription Advantage Can Help!

To find out if you're eligible, and for more information, contact the Ashby COA office to set up an appointment: 978-386-2424 (ext. 27).

HOME MODIFICATION LOAN PROGRAM

If you or a household member is disabled or an elder, the HMLP can provide a loan so you can make needed adaptations or modifications to your home. Modifications can help you remain in your home and live more independently. This state funded loan program can help you live independently at home by providing 0% and 3% interest loans. This is a great way to have ramps, stair lift and kitchen and bath adaptations done.

Call the COA office for help applying: 978-386-2424 ext. 27
The HMLP is a program of the MA Rehabilitation Commission.

For more info you can also visit:

www.mass.gov/home-modification-loan-program-hmlp

Events -

TOWNSEND SENIOR CENTER EVENTS:

May 1: Kumihimo Necklaces with Snap-On Charms

May 9: Ms. Massachusetts Sings Patriotic Songs Sponsored by the Townsend Cultural Council

May 15: Sock Hop Dance with live music by R&R Oldies

May 24: Majesty and Mystery of Crop Circles Sponsored by the Townsend Cultural Council

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

FITCHBURG SENIOR CENTER EVENTS:

May 1st (11:00am): Avoid Healthcare Errors, Fraud & Maximizing Your Medicare Benefits

May 6th (11:00am): DIY Soup Luncheon

May 8th (10:30am): Great Influenza of 1918

May 10th (9:30am): Mother's Day Breakfast

May 15th (10:30am): Driving the Alaskan Highway

May 20th (1:30pm): Cancer Support Group

May 22nd (11:30am): Greendale Retired Men's' Chorus

Please call the Fitchburg Senior Center for more information and to register: 978-829-1790

Fitchburg Food Truck Festival

MAY 10th, 4:00 pm to 9:00 pm

River Styx Brewing

166 Boulder Dr., Fitchburg

The Central MA Food Truck Alliance is pleased to announce the first annual Fitchburg Food Truck Festival. Join us for a night of fun and food from more than 15 different food trucks! The cuisine choices will include Italian, BBQ, Mexican, Mediterranean, American, Chilean, and more!



SPRING PLANT SALE

TOWNSEND PUBLIC LIBRARY

SAT., MAY 11th, 8:00 am to 2:00 pm



The Friends of the Townsend Library will be selling: annuals, perennials, vegetable plants, herbs, hangers, house plants, and more! Come early - we sell out!

DOWNTOWN FITCHBURG FESTIVAL

Mill Street, Fitchburg

MAY 17th thru May 18th

Over 2 days, see 25 of Central Mass's best musical acts on Mill Street in Downtown Fitchburg! Over a dozen vendors showcasing all of the rad stuff you can only find here in down town Fitchburg. Kid friendly. For more info contact Strong Style Coffee: 978-696-3537

LEOMINSTER CITYWIDE YARD SALE

MAY 18 @ 8:00 AM - 3:00 PM

Maps available at City Hall

FITCHBURG CITY WIDE YARD SALE

MAY 18th & 19th @ 8:00 AM - 2:00 PM

For Map, contact: fitchburgyardsale@gmail.com

PEPPERELL TOWN WIDE YARD SALE

MAY 4th @ 7:00 AM throughout the afternoon

For Map Contact Friends of Pepperell Rec:

978-835-0133



3RD ANNUAL

THE GREAT FINNISH BREAD BAKEOFF

MAY 18, 2019. 1PM-3PM

Troy Elementary School, 44 School Street, Troy, NH
Entrance fee: \$10 includes UNLIMITED TASTINGS, DRINKS, and a Voting Card!

TICKETS SOLD ONLINE AT HSCCNH.ORG
AND THE HISTORICAL SOCIETY OF CHESHIRE COUNTY'S FACEBOOK PAGE

Dog Festival!

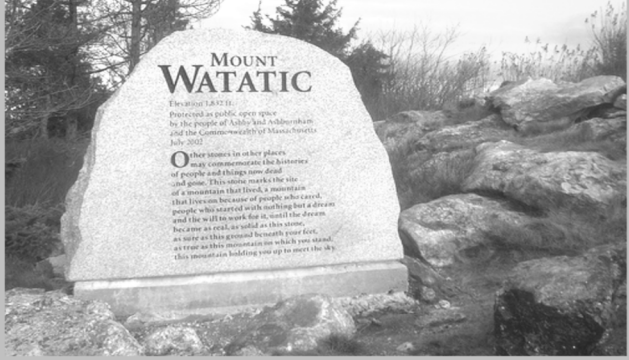
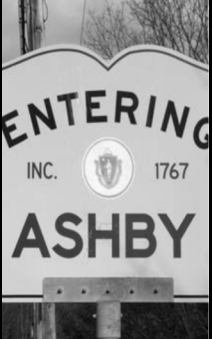
JUNE 2nd, 11:00 to 3:00

29 Antietam St, Devens, MA

Bring your dog for a wagging-good time!
Vendors, events, activities, and more!

For more info contact Clear Path for Veterans:
Phone: 978-384-8800 (*This event supports the Dogs to Vets Program!*)

MAY 2019 COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 COA OPEN 9:00 to 12:00</p> <p>ESTATE PLANNING 101 at the COA, 3:00</p>	<p>2 COOKBOOK CLUB Ashby Library 6:30</p>	<p>3</p>	<p>4 ANNUAL TOWN MEETING, ASHBY ELEMENTARY 9:30</p>
<p>5</p>	<p>6 COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe</p>	<p>7</p>	<p>8 COA OPEN 9:00 to 12:00 COA MEETING 3:30 at the TOWN HALL</p>	<p>9 Drop Stitch Club 6:30 Ashby Library</p>	<p>10</p>	<p>11 TRANSFER STATION OPEN 9:00 AM - 1:00 PM</p>
<p>12</p>	<p>13 COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe</p>	<p>14</p>	<p>15 COA OPEN 9:00 to 12:00 COFFEE WITH A COP, 873 Café, 12:00</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 COA WALK 8:50 a.m. Valley Rd CHAT & CHEW 10:30 873 Cafe</p>	<p>21</p>	<p>22 COA OPEN 9:00 to 12:00 VOLUNTEER AT THE COA 1:00</p>	<p>23 Drop Stitch Club 6:30 Ashby Library</p>	<p>24</p>	<p>25 TRANSFER STATION OPEN 9:00 AM - 1:00 PM YARD SALE at the Congregational Church</p>
<p>26</p>	<p>27 MEMORIAL DAY Parade 2:00 BBQ at 3:30</p>	<p>28</p>	<p>29 COA OPEN 9:00 to 12:00</p>	<p>30</p>	<p>31</p>	



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

Return Service Requested

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ASHBY, MASS. 01431
PERMIT No. 3

*Distribution of this newsletter is made possible by a grant from the
Massachusetts Executive Office of Elder Affairs*



THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

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

**The next COA meeting is:
Wed., May 8th at 3:30
Town Hall, 3rd Floor**