



THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

· MARCH 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 DIRECTOR: *Corey Harju*

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

Email: coa@ashbyma.gov

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

COA OFFICERS:

Nancy Catalini, *Chair*

Jo Helander, *Vice Chair & 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 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.

MARCH 6th - BOARD OF SELECTMEN MTG

MARCH 10th - DAYLIGHT SAVING

MARCH 12th - FINANCE COMMITTEE MTG

MARCH 13th - COA MEETING at 3:30

MARCH 13th - BAGPIPER STUART PAUL at the FITCHBURG SENIOR CNTR

MARCH 14th - TRIP TO BOSTON FLOWER SHOW

MARCH 17th - ST. PATRICK'S DAY

MARCH 17th - LEGION MEAT RAFFLE

MARCH 27th - VOLUNTEER AT THE COA

MARCH 28th - MABEL & JERRY COMEDY SHOW at the TOWNSEND SENIOR CNTR

MARCH 30th - MAPLE SUGAR DINNER

MARCH 30th - RABIES CLINIC - Townsend

APRIL 10th - SENIOR CITIZEN BREAKFAST AT NMRHS

From the Director:

Dear Ashby,

In last month's Scoop I reported to you on the top questions I'm asked as your COA Director. The number one question by far is "how many seniors are there in Ashby?". Based on the most recent numbers from the State received just this week, Ashby's total population over the age of 65 is significantly more than I reported to you last month.

According to the State's latest estimate, there are roughly **587** Ashby residents over the age of 65. That's roughly **19%** of our total population. There are another **323** Ashby residents between the ages of 60 and 64. Based on today's total population of Ashby, in 5 short years, the number of seniors in town will rise to **29%**! Ashby is not alone - the senior population in Massachusetts is soaring. All cities and towns in Massachusetts are having to reevaluate their priorities, including their budget priorities.

Your COA is tasked with meeting the needs of Ashby's growing senior population in order to help them age in place. More seniors equals more needs. More needs equal more resources required to meet those needs. In practical terms it means we need more COA services in Ashby: more volunteers for services like Meals on Wheels and sand delivery, more newsletters to keep everyone informed and more volunteers to help fold them, more MART trips to be scheduled, more home visits, more friendly visits, more medical equipment, more space to accommodate senior events, and so on. All of this requires more time and money.

The job of the COA Director is to coordinate all the things listed above and much more. The Director position is currently given only a total of 8 hours a week to do all of this, which is clearly not enough time to serve the senior population now, or in the next 5 years. Demographics are a changing in Ashby, and we need to direct our attention to our senior citizens. To that end, the COA has requested that the town focus more funds on our senior citizens by increasing the COA budget by \$6,527 for fiscal year 2020. This amount will allow your Director 16 hours a week to serve you, it will allow the COA to double its office hours each week, and it will allow the COA to continue to offer programs and services to the growing Ashby senior population.

However, it will not happen without your support! Please let your Board of Selectmen and your Finance Committee know that you support the use of town funds to increase the COA's budget so we can continue to provide services to all of Ashby's seniors! Thank you all for your continued support!

Take care ~ Corey Harju (Your COA Director)

AN IMPORTANT MESSAGE FROM YOUR COUNCIL ON AGING:

The number of senior citizens (age 65+) in Ashby has significantly increased since the last U.S. census from roughly 10% to almost 19% of Ashby's population today. By 2024, Ashby's senior population is projected to reach 29% of the total population:

Total Ashby Residents: 3095

Total resident over the age of 65: 587

Total residents between ages 60 to 64: 323

Your Ashby COA members have requested a budget increase for fiscal year 2020 (July 2019 to May 2020) in order to meet the ongoing and increasing needs of Ashby's senior population. The increase will allow your COA to extend the working hours for the COA Director position to 2 days per week, allowing us to double our open office hours, and ensuring the continuation of crucial COA programs for all Ashby seniors including: the Senior Scoop Newsletter, Meals on Wheels, MART transportation, Senior Sand Delivery, Friendly Visitors Program, the Outreach Program, and senior informational seminars and trips.

The Ashby Board of Selectmen and the Finance Committee are in the process of finalizing Ashby's budget for vote at our Annual Town Meeting in May. The COA asks that all Ashby citizen attend the upcoming meetings of the Board of Selectmen and Finance Committee to let them know you support the COA budget increase. If you are not able to attend a meeting, we ask you to write your Board of Selectmen and Finance Committee to voice your support. Thank you for your support of the Ashby Council on Aging and Ashby's senior citizens:

***PLEASE* let your Ashby Finance Committee and Board of Selectmen know that you support the Ashby Council on Aging's budget request for FY2020:**

ASHBY FINANCE COMMITTEE

Next Meetings at Town Hall (2nd flr):

TUES., FEB. 26th at 7:30

TUES., MARCH 12th at 7:30

Send mail to:

Ashby Finance Committee

Town Hall - 895 Main St. Ashby, MA 01431

ASHBY BOARD OF SELECTMEN

Next Meetings at Town Hall (2nd flr):

WED., MARCH 6th at 7:00

WED., MARCH 20th at 7:00

Email: tabos@ci.ashby.ma.us

Send mail to:

Ashby Board of Selectmen

Town Hall - 895 Main St. Ashby, MA 01431

NMRHS Student Council's:

Senior Citizen Appreciation Breakfast

Wednesday, April 10th at 8:30 a.m.

Breakfast will be served in the Common Area at the High School followed by performances by NMRHS's award-winning band and choral students.

Transportation from Ashby to the High School will be provided by NMRHS.

Registration required. Please contact the Ashby COA to register and for details:

978-386-2424 Ext. 27

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.

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

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.

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.

FREE NOTARY SERVICES:

Call the COA to make an appointment:

978-386-2424 (ext. 27)

This is a free service provided by your COA.

VOLUNTEERS NEEDED!

WEDNESDAY, MARCH 27th

1:00 pm in the COA Office at Ashby Town Hall (3rd Floor)

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

WINTER IS STILL HERE...

SIGN UP NOW FOR SAND DELIVERY!

Contact the Ashby COA to be added to the Senior Sand Delivery List: 978-386-2424 ext. 27

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!

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!



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.

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



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

More Programs -

Join the Ashby COA for a trip to the:



BOSTON FLOWER & GARDEN SHOW

DATE: Thursday, March 14th
COST FOR SENIORS (AGE 65+): \$50.92

Price includes ticket to the Flower Show & transport to and from the show in Boston.

Reserve your spot by March 4th. Payment due at the time of reservation by cash or check made payable to the Ashby Council on Aging. Limited tickets available. First come - first served. Visit the Ashby Council on Aging (3rd floor, Ashby Town Hall) to reserve your spot.

Details: Attendees will meet the Dee Bus Service, Inc. bus at 9:00 am in the Ashby Legion/Ashby Congregational Church parking lot on New Ipswich Road. Estimated time of arrival at the Flower Show is 10:30 am. Attendees will meet the bus at 2:00 pm to return to Ashby.

Tickets are non-refundable.



FREE TAX SERVICES

TAX PREPARATION & E-FILING

For individuals & families with incomes up to \$55,000

IRS-Trained and Certified Volunteers will prepare and e-file your taxes for free through MOC's Volunteer Income Tax Assistance Program (VITA).

WE WILL HELP YOU CLAIM TAX CREDITS INCLUDING:

- Earned Income Tax Credit
- Child Tax Credit & Additional Child Credit
- Credit for Other Dependents
- Credit for Child and Dependent Care Expenses
- Education Benefits
- MA Senior Circuit Breaker Tax Credit

WE PREPARE

- Both Federal and MA State tax returns
- Form 1040 with Schedule A, B, C, C-EZ, EIC
- MA Form 1 with required schedules
- Amended and prior year returns



WHAT TO BRING

- Current photo ID (driver's license, state ID or student ID); Social security cards or ITINs for you, your spouse, and any dependents
- All wage and tax statements including the following forms: W-2, W-2G, any 1099 and any 1098; Any other tax document(s) you've received.
- Bank info for direct deposit (routing, account number).
- If you are unsure if VITA needs it, bring it along.

BY APPOINTMENT ONLY:

Tuesdays, Fridays, Saturdays & Sundays
Hours vary dependent on day.

TO MAKE AN APPOINTMENT

CALL: 978-516-5052. Appts will be held at 49 Nursery Lane, Suite 201, Fitchburg

Monthly FREE Blood Pressure and Wellness Clinics:

Fitchburg Healthcare Center:

2nd Wednesday of the month

Contact for more info: (978) 345-0146

The Highlands:

3rd Wednesday of the month from 10:00-11:00

Contact for more info: (978) 343-4411

Fitchburg Gardens:

4th Wednesday of the month

Contact for more info: (978) 343-3530

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.

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).

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!**

Ashby P.D. Tip of the Month: Winter Driving and Emergency Vehicle Kit

The Ashby Police Department has the following tips for vehicle maintenance and emergency supplies:

- ♦ Check your tires and make sure you have adequate tire tread depth before the first winter storm and check tire pressure during cold weather. Remember, tire shops and mechanics are busiest just before and during winter storms.
- ♦ Get a vehicle winter maintenance check-up. Don't wait to check your battery, belts, hoses, radiator, lights, brakes, heater/defroster and wipers.
- ♦ Keep your fuel tank full — don't let it fall below half a tank on winter trips.
- ♦ Keep a basic winter emergency kit in your vehicle. This may include : flashlight, batteries, blanket, snacks, water, gloves, boots, first-aid kit, tire chains, ice scraper/snowbrush, jumper cables, road flares.
- ♦ **Please give enough space for other vehicles and stopping distance during winter conditions.** Drive appropriate for weather conditions and make sure to clean the snow off your vehicle. Remember: It's always better to be prepared and not need it, then to need it and not be prepared.

Events -

TOWNSEND SENIOR CENTER EVENTS:

March 2nd and 3rd, 10:00 to 4:00
Mini-Golf in the Library and Senior Center

March 7: Chronic Disease Self Management

March 8: Bus Trip to Brattleboro, VT for maple syrup tour and distillery tasting/tour

March 13: Diabetes 101 presentation and blood sugar testing

March 28: "Mabel and Jerry" comedy show

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

ASHBY LEGION POST 361
MEAT RAFFLE
SUNDAY, MARCH 17, 2019 @ 1:30
Beef, Chicken, Seafood & More !!
Contact the Ashby Legion for more info:
(978) 386-7977 **(Public Welcome)**

MAPLE SUGAR DINNER

Sat., March 30th at 5:30
at the **Ashby First Parish Church**

Proceeds to benefit Maja Hall renovations

Please call for reservations:

978-386-5579

Adults: \$15

Seniors (65+): \$10

Kids under 12: \$10

Ashby/Townsend - Dog and Cat Rabies Clinic
Saturday, March 30th, 9 am – 11 am
Townsend Highway Dept. 117 Main St. Townsend

In cooperation with Dr. Lauren Flanagan from Pepperell Veterinary Hospital.

* \$15 fee per immunization

* Cash/Check accepted

* Must bring proof of past vaccinations/records.

* Cats must be brought in cages or closed boxes.

* Dogs must be on leash.

Please call the BOH if you have questions:

978-772-3335

Hosted by Nashoba Nursing Service & Hospice and Nashoba Associated Boards of Health

FITCHBURG SENIOR CENTER EVENTS:

Wed, March 6th (10:30 am): Roger Tincknell presents "From Ireland to America" This upbeat program includes Irish and Irish American songs, ballads, and instrumentals

Wed, March 13th (10:30 am): **Bagpiper Stuart Paul** - Pipe Major of the Scots Highland Pipes and Drums of Ashby!

Thurs, March 14th (5:00 pm): **Saint Patrick's Day Party** with The Sons of Blarney

Wed, March 20th (11:30 am): **Learn at Lunch: Hospital Discharge Planning** - Know what to ask, what to look for, and to be aware of before you or a loved one is ready to be discharged from the hospital. Light lunch provided. Sign up is required by March 15th

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

Upcoming Area Senior Center Trips:

ACTON - Boston Red Sox v. Oakland A's at Fenway: May 1st. Cost: \$101 per person. Contact the Acton COA for more info: 978-929-6652

CLINTON - Explore Pennsylvania Dutch Country: May 21st - May 24th. Cost: \$548 Double Occupancy/ \$748 Single Occupancy

Contact Allyson at the Clinton Senior Center for more info: 978-733-4747

FITCHBURG - Trip to Italy: October 1st - 12th Cost: \$3799 (credit card)/\$3719 (cash/check) per person, twin occupancy and includes air taxes & fees. Call Fitchburg Senior Cntr for info: 978-829-1790

First Annual Great Ashby Cleanup Spring 2019

Saturday, April 27th, 9:00 - 12:00

Ashby Free Public Library

Keep Ashby Beautiful invites everyone in the Ashby community to participate in a town wide spring cleanup day!

We will be providing clear plastic bags and sanitary gloves for people to use for litter pickup. We are also excited to have the support from Murray and Sons Waste Management who will be assisting with trash pickup.

We are looking for as many volunteers and organizers to help make this a successful town wide event!

Contact the Ashby Library to sign up & for more info.

MARCH 2019 COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Know of an event that should be included in the next Scoop? Contact the Ashby COA and let us know! Phone: (978)386-2424 Ext. 27 Email: coa@ashbyma.gov</p>					1	2 Woodcut Printmaking Workshop Ashby Library 11:00
3 Mini-Golf in the Townsend Library and Senior Center 10:00 a.m.	4	5	6 COA Open 9:00 - 12:00 Performance: "From Ireland to America" Fitchburg Senior Cntr	7 SHINE Counseling Call the COA to schedule your appointment Cookbook Club - Ashby Library 6:30	8	9
10 Daylight Saving - Turn your clocks ahead one hour	11	12	13 COA Open 9:00 - 12:00 COA MEETING 3:30 Bagpiper Stuart Paul Fitchburg Senior Cntr	14 COA TRIP TO BOSTON FLOWER SHOW St. Patrick's Day Party Fitchburg Senior Cntr	15	16 Transfer Station Open 9:00 - 1:00
17 Saint Patrick's Day Meat Raffle Ashby Legion 1:30	18 Diabetes Info Session Pepperell COA	19	20 COA Open 9:00 - 12:00 Info Session: Hospital Discharge Planning Fitchburg Senior Cntr	21	22	23
24	25	26	27 COA Open 9:00 - 12:00 VOLUNTEER AT THE COA 1:00	28 Mabel & Jerry Comedy Show Townsend Senior Cntr Drop Stitch Club Ashby Library 6:30	29	30 Maple Dinner UU Church 5:30 Rabies Clinic Townsend 9:00 - 11:00
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Ashby Council On Aging

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Ashby, MA 01431

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THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

**HELP SUPPORT ASHBY SENIOR
CITIZENS - COME TO THE NEXT ASHBY
COA MEETING!**

**Wed., MARCH 13th at 3:30
Town Hall, 3rd Floor**