



# SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING Autumn 2011

895 Main St., Box 11, Ashby, MA 01431 (978) 386-2424 ext. 27 \* [coa@ci.ashby.ma.us](mailto:coa@ci.ashby.ma.us)



## **Our Mission Statement:**

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

\* \* \*

Many programs and services are available to assist senior citizens. For information about any of the services available please call the office at **978-386-2424 (ext. 27)**

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

Office hours are **Wednesdays 10 a.m. - 3 p.m.**

## **Staff**

Kathryn Becker, *Director*

## **COA Board**

Linda Stacy, *Chairman*

Oliver Mutch, *Treasurer*

Nancy Catalini, *Secretary*

Lee Mikkola

Jann Grutchfield

Jan Miller

Faith Anttila

*Alternates:*

Elsie Fredrickson

Patricia Wayrynen



## **Council on Aging Meetings**

The COA meets on the second Tues. of each month (except July and Aug.) at 3:30 p.m. in the COA office which is located on the third floor of the Lyman Bldg. Meetings are open to



## **Mary, Queen of Scots**

### **Presented by Muriel Dyas**

Please join Mary, Queen of Scots, as she shares her fascinating life as infant Queen of Scotland, teenage Queen of France and cousin/rival of Elizabeth I. Often described as one of the most tragic Queens in history, see why ruling with your heart, can sometimes lead to losing your head. Watch as Muriel Dyas becomes Mary, Queen of Scots and tells you all about Mary's scandalous life with historical accuracy as well as humor.

Afterwards, sample delicious tea cakes and cookies from her time period. At the **Ashby Legion on Nov. 9th at 1 p.m.**



## Resources

**SHINE** (Serving the Health Information Needs of Elders) Ashby's SHINE representative Jim Farley may be reached for appointments by calling **800-243-4636 (press option 3)**. Leave your name and number to receive a return call from Jim.

**VETERAN'S AGENT** is **Joe Mazzola** and he can be reached at **(978) 597-1700 ext. 1729** if you have any questions regarding Veterans benefits. He is available at Town Hall in Townsend on Tuesdays 2-6 p.m. or email: veterans@townsend.ma.us.

**MASS MED LINE** has a trained staff of pharmacy professionals who can answer questions about your medications over the phone **(866) 633-1617** or on-line at [www.massmedline.com](http://www.massmedline.com).

**GENERIC MEDICATIONS** are available for \$4.00 per month at Walmart, Target, Hannaford's and Walgreen's.

**BENEFITS CHECK-UP** at [www.benefitscheckup.org](http://www.benefitscheckup.org). Quickly find federal, state and private benefit programs available to help you save money on prescription drugs, health care, meals, utilities, taxes, and more.

**DIAL 2-1-1** for free access to health and human services info. In a disaster or crisis, they will have the latest up to date info on shelters and services.

**ALZHEIMER'S HELP LINE**  
(800) 548-2111

Don't Wait Until It's Too Late!

**Medicare's New Open Enrollment Period is:**

**October 15 - December 7**

Medicare plans change every year

*Review your options*

SHINE Can Help

SHINE counselors provide counseling and assistance to Medicare beneficiaries and their families free of charge.

**Call 1-800-243-4636 and Press 3**



**Ashby's SHINE rep. Jim Farley**

**Will be available to meet with you**

**Nov. 2nd**

at the Ashby COA office

For an appointment

**Call 978-386-2424 ext. 27**

### **CAREGIVER SUPPORT GROUP**

Nashoba Nursing Service & Hospice provides a safe and comfortable environment to express the thoughts and feelings you may experience as you care for a loved one during a difficult time. The caregiver support group is an opportunity to meet with others sharing a similar journey.

**Third Monday of the Month**

**1 p.m. - 2:30 p.m.**

**Nashoba Valley Medical Center**

*For more info. call Karen Campbell 800-698-3307 x. 320*



We're offering a free review of your medications by a clinical pharmacist.

**Call toll-free: 1.866.633.1617**



**MCPHS**  
pharmacy outreach program

25 Foster Street, Worcester  
[www.massmedline.com](http://www.massmedline.com)

## ***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**.*

**DON'T FORGET YOUR FLU SHOT!!!**

**Ashby Legion**

**October 20th**

**Noon—1:30 p.m.**

### ***Are You Prepared for Emergencies?***

The ice storm of 2008 made us all aware of what can happen during severe weather and the Town of Ashby wants to be certain seniors stay safe. To that end we introduced the **Emergency Call List registration**—a way for the COA to keep track of those seniors who are most likely to need assistance during an emergency.

Please consider filling out this form if you live alone or have a chronic health condition that could leave you vulnerable during an extended power outage. The form may be picked up at the Town Clerk's office or mailed to you by calling the Ashby COA office at 386-2424 ext. 27.

### ***Fuel Assistance Program***

Applications are being accepted now. Eligibility is based on the size of the household and gross income. The income eligibility requirements are: **For one person—\$30,751; for two persons—\$40,213; for three persons—\$49,675.** Assets are not considered. To apply for Fuel Assistance, call New England Farm Workers' Council in Fitchburg at **978-342-4520**. If you are *homebound*, please call the COA office for a home visit to help you apply.



## ***WANTED . . . VOLUNTEERS***

Drivers are needed for the **Meals on Wheels** program. Volunteers are also needed for the **Chore Corps** program to help with fall yard clean up—raking leaves. Please call the office and leave your name and phone number and you'll be called

### ***Applications/Information Available at the Council on Aging Office***

- Food Stamps
- Home Modification Loan Program
- Declaration of Homestead
- RMV Disable Placards app.
- Senior Pass (for federal parks)
- Circuit Breaker Tax Credit
- Caregiver info. Packet
- Fuel Assistance
- Prescription Advantage

### ***Support Groups***

*(Please call site to verify date/time)*

**CAREGIVER SUPPORT GROUP**  
Montachusett Home Care Corp.  
Crossroads Office Park  
680 Mechanics St., Leominster  
(800) 734-7312  
Meets last Wed. of month 5:30-6:45 p.m.

**ALZHEIMER'S SUPPORT GROUP**  
The Highlands  
335 Nichols Rd., Fitchburg  
(978) 343-5368  
Meets first Thurs. of month 6 p.m.

**WIDOWHOOD SUPPORT GROUP**  
Montachusett Home Care Corp.  
Facilitator: Peter Sylvia  
(800) 734-7312  
Meets Thursdays 2-4 p.m.

## What's New . . .

### **Gentle Chair Yoga**

4-week classes beginning **Oct. 25th**

Tuesday mornings

**10:30 a.m. - 11:45 a.m.**

at the **Ashby Public Library**

*(downstairs)*

**\$ 8.00** per session

Please call the Ashby COA

to register at **978-386-2424 ext. 27**

*Pre-registration is necessary*

Instructor: Helen Yetman-Bellows



***About Gentle Chair Yoga:*** Don't worry about having to get up and down from the floor and enjoy all the benefits of yoga in this gentle and effective class.

Much of the yoga seen in contemporary media seems out of reach for the "average" body never mind for those with health or physical challenges. The truth of the matter, however, is that yoga can be adapted in many ways so that it can be practiced by EVERYONE. It is such a healthy, relaxing and healing practice that it is truly worth experiencing it for yourself. In this class we will focus on healthy posture, joint mobility and stability, emotional and physical stress release, strength and flexibility – all geared toward optimal well-being.

- Explore healthy movement from sitting and standing positions (*modifications will be offered to meet individual needs*)
- Practice breathing exercises to improve respiration and calm the mind.

### **Ashby Amblers Walking Group**



#### ***Walk for Fun and Fitness!***

Join the *Ashby Amblers* on **Wednesday mornings at 9 a.m.** Meet at the Legion/Congregational Church parking lot rain or shine (unless it's a monsoon). Make new friends, enjoy the fresh air, and get some exercise while walking an easy 1 mile loop around town. No registration necessary just show up! Questions, please call Jann Grutchfield at 386-7970.

### **New NEEDLEWORK GROUP !**

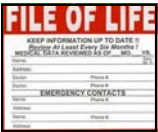
Do you like to knit? Crochet?  
Do cross stitch or embroidery?  
Would you like to spend time with friends who have the same interests?



Join us on the **2nd Wednesday** of each month at **10:30 a.m.** at the **COA offices, 3rd floor of Town Hall** while we work on our individual projects together. We'll have coffee and snacks and catch up on local news!

## Ongoing Programs

**File of Life:** The File of Life is a magnetic envelope containing your medical information and who to notify in case of an emergency. It goes on your refrigerator and is easily accessed by emergency personnel. Please call our office at 978-386-2424 ext. 27 if you would like a File of Life. There is no charge and we can mail one to you.



**Legal Assistance Corp.:** has a satellite office in Fitchburg at 76 Summer St., Suite 235. They are open on Wednesdays 10-4 p.m. or by appt. offering free civil legal services to elders. Call 800-649-3718 for more information.

**Ashby COA Van:** MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals.

A van is dedicated to Ashby residents on Mon. through Fri. from 9 a.m. to 5 p.m. for medical appointments and shopping. Contact **Jennifer Collins, Mon.-Thurs. at 978-386-2501 ext. 11** to schedule use. Riders must be scheduled by 2:30 p.m. the day before the travel date. For *first time users*, please call Jennifer to request that an application be mailed to you.

If you need to cancel your scheduled ride or if there is a problem the day of travel please call the MART dispatch at 978-345-7711 ext. 2255.

### Ashby Senior Citizens Social Club:

Membership in this social group is open to all Ashby residents who are 60 years or older, disabled veterans, and underage spouses of regular attendees. Meetings are held on the 3rd Thursday of each month at 1 p.m. at the Legion Hall. For more information call Ann Seymour at 386-5532.

**Medical Equipment Available:** The Council on Aging has walkers, crutches, bath chairs, commodes, wheel chairs and other equipment available to loan out to Ashby seniors. Call the

**Meals on Wheels:** The Ashby COA through Montachusett Opportunity Council provides meals to frail elders who are unable to attend a congregate meal site and require assistance with meal preparation. Hot noon time meals are delivered to an individual's home.



Upon advance request, frozen meals for evenings and weekends are also available for delivery with the noon meal. Each meal meets one-third of the Recommended Daily Allowances for adults, and is appropriate for a 'no added salt' diet. Therapeutic diet meals are available with a physician's prescription.

**Eligibility:** Must be at least 60 years of age and homebound. Requested donation is \$2.00 per meal. Call the Ashby COA office at 978-386-2424 ext. 27 if you think that you need Meals on



## **The Ashby COA Senior Informational Series**

*presents*

**Informative Speakers - 4th Wed. of each month**

**at the Ashby American Legion at 1 p.m**

Each month we will host a speaker who will share information on senior topics such as: Starting the Process of Aging in Place, Alternative Housing Options: Your Choices, Home Modification Loan Program: How to Pay for Safety Modifications in Your Home, and Estate and Long-Term Care Planning for Seniors. *Refreshments will be served.*

Join us **Oct. 26th** for "Considering In-Home Care" by Hamilton Home Health, Inc. And MRPC will be here to discuss the CDBG housing rehabilitation program and how to apply

***Nashoba Nursing will provide a blood pressure clinic before each presentation from noon—1 p.m.***



**Ashby Council On Aging**

895 Main St., Box 11  
Ashby, MA 01431

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*In This Issue:*

- If you need help when reviewing your insurance options, make an appointment with our **SHINE counselor**, Jim Farley who will be at the COA office on **Nov. 2nd**. Call us at 386-2424 ext. 27 for an appointment.
- Autumn's cool, crisp weather is the perfect time to start a new **FITNESS** program! Join our **Gentle Yoga** class on **Tues. mornings 10:30-11:45** with Helen Yetman-Bellows at the Library. Or join the **Ashby Amblers** every **Wed. morning at 9 a.m.**
- Check out our new **Senior Informational Series** at the Ashby Legion every **4th Wed. at 1 p.m.** Just before the speaker, **Nashoba Board of Health** will provide a blood pressure clinic from **noon-1 p.m.**
- Don't forget to get your **FLU SHOT!** Nashoba Board of Health will be at the **Ashby Legion Oct. 20th** from **Noon-1:30 p.m.**
- Join our new **Needlework Group** at the COA office in Town Hall on the **2nd Wed. of each month** from **10:30-noon**. Whether you like to knit, crochet, sew or do cross stitch—join us during the cooler months as we share a cup of coffee and work on our projects together in the comfortable surroundings.
- And don't miss Muriel Dyas as **Mary, Queen of Scots** on **Nov. 9th at 1 p.m., Ashby Legion.**

If you have any suggestions for speaker topics or activities that interest you, please give us a call or drop by our offices and let us know!