



THE ASHBY COUNCIL ON AGING NEWSLETTER

# SENIOR SCOOP

· FEBRUARY 2019 ·

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 MEMBERS:

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.*

**FEB. 13th - COA MEETING, 3:30, at the COA**

**FEB. 13th - VALENTINE'S DAY WITH TONY FUNCHES OF THE PLATTERS at the Fitchburg Senior Center**

**FEB. 14th - VALENTINE'S DAY**

**FEB. 14th - VALENTINE'S DAY DINNER DANCE at the Townsend Senior Center**

**FEB. 17th - ASHBY LEGION MEAT RAFFLE**

**FEB. 18th - PRESIDENTS' DAY**

**FEB. 20th - VOLUNTEER AT THE COA (Newsletter Prep) at 1:00**

**FEB. 23rd - CPR TRAINING (Registration Req. - See page 2)**

**FEB. 27th - 10 WARNING SIGNS OF ALZHEIMER'S, 3:00 at the COA**

**APRIL 22nd - ANNUAL TOWN ELECTION**

## 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,*

*It's been one year since I started as your COA Director! Over the last year I've been asked a lot of questions. You might be wondering some of the same things, so, here are the top 5 questions I've been asked as your COA Director over the past year:*

*Q: How many seniors citizens live in Ashby?*

*A: According to the last U.S. Census (2010) there are 323 Ashby residents between the ages of 65 and 100. That's roughly 10.5% of Ashby's total population.*

*Q: How many Ashby seniors receive the Senior Scoop and at what age can you start receiving it?*

*A: 364 Ashby seniors currently receive the Scoop. Residents age 65 and older are eligible to be added to the mailing list. The Scoop is also available on the Town website and at locations around town.*

*Q: How many volunteers do you need to help prepare the Senior Scoop for mailing?*

*A: AS MANY AS WE CAN GET! Many hands make light work!*

*Q: How many people are on the COA?*

*A: The COA consists of 7 council members and I'm happy to report that the Ashby COA is currently a full Council!*

*Q: Does the COA have medical equipment for residents to borrow?*

*A: Yes! The COA can loan you walkers, canes, shower chairs, crutches, and wheelchairs. Let us know if you need something else and the COA can help you find it.*

*Keep those questions coming! I'm looking forward to all your questions in my second year as your COA Director! Take care of each other ~ Corey Harju*



Please join the Ashby COA for a free informative session:

# 10 Warning Signs of Alzheimer's

Wednesday, February 27th at 3:00 p.m.

COA Office - 3rd Floor of the Town Hall

Memory loss disrupts daily life and may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. Come learn the warning signs for early detection. After the presentation there will be time for questions and discussion.

**Presented by: Whitney Rohrer,  
OT & Alzheimer's Habilitation Specialist**

*Light refreshments will be served.*



## JOIN THE ASHBY COA FOR A TRIP TO:



**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 TIME OF RESERVATION** by cash or check made payable to the Ashby Council on Aging.

**LIMITED TICKETS AVAILABLE! FIRST COME - FIRST SERVED.**

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 1:30 pm to return to Ashby. Tickets are non-refundable.

## Ashby P.D. Tip of the Month: SNOW SCAMS

With winter upon us, and as the snow starts to fall, beware of scams related to snow removal.

If you have difficulty finding a neighborhood kid to shovel for you and opt to contact a company for services - beware. One of the most common snow-related scam involves paying in advance, only to learn after a snowfall, the company has disappeared or doesn't deliver on its promises.

What to know: A seasonal snow removal contract makes sense for many homeowners, but try to negotiate to pay after the work is complete or month by month. Before agreeing to any seasonal arrangement, do your homework. Many snow removal services are sidelines for construction or other contractors, so check their reputation and background with the Better Business Bureau and your state's contractor licensing board to avoid companies that have unresolved complaints.

Contracts should specify, in writing, at least the following: The beginning and ending dates for snow removal services, details of a back-up plan should a plow truck break down or be otherwise occupied, how the company will handle any lawn damage that its cleanup causes, and penalties for failing to remove snow as promised — as well as the provider's proof of insurance and license numbers.

**If you are ever unsure or feel you have become a victim of a scam contact the Ashby Police Department at 978-386-5652**

### VOLUNTEERS NEEDED!

**WED., FEB. 20th**

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

Your COA needs volunteers to help prep our next newsletter 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!



**Ashby Seniors, with Ashby cast members, attending A Christmas Carol at the Hanover Theater in Worcester on December 15, 2018**

## A Message from Ashby's Town Clerk:

**Nomination Papers are now available at the Town Hall for Ashby's Annual Town Election on Monday, April 22, 2019**

POSITION	CURRENTLY HELD BY:
MODERATOR, 3 YEARS	Nancy Chew
SELECTMAN, 3 YEARS	Mark Haines
TOWN CLERK, 3 YEARS	Tiffany Call
TREASURER, 3 YEARS	Kate Stacy
BOARD OF ASSESSORS, 3 YEARS	Charles Perna
BOARD OF HEALTH, 3 YEARS	Cedwyn Morgan
BOARD OF HEALTH, 2 YEARS	Eric Moeller
NM SCHOOL COMMITTEE, 3 YEARS	Crystal Messamore
CONSTABLE, 3 YEARS	Stewart Paquet
PLANNING BOARD, 5 YEARS	James Hargraves
PLANNING BOARD, 2 YEARS	Terri Cantor
CEMETARY COMMISSIONER, 3 YEARS	Rebecca Thatcher
CEMETERY COMMISSIONER, 2 YEARS	Vacant
PARK COMMISSIONER, 3 YEARS	Andrew Desrosiers
LIBRARY TRUSTEES, 3 YEARS	Angela Jack
LIBRARY TRUSTEES, 3 YEARS	Matthew Leonard
LIBRARY TRUSTEES, 3 YEARS	Vacant

### SCHEDULE FOR ANNUAL TOWN ELECTION:

NOMINATION PAPERS AVAILABLE	Monday, January 7th
LAST DAY TO OBTAIN NOMINATION PAPERS	Thursday, February 28th
LAST DAY TO FILE NOMINATION PAPERS WITH THE TOWN CERK	Monday, March 4th, 5:00PM
LAST DAY TO OBJECT OR WITHDRAW	Wednesday, March 20th
LAST DAY TO REGISTER TO VOTE AT THE ANNUAL TOWN ELECTION	Tuesday, April 2nd, 9AM - 8PM

**ANNUAL TOWN ELECTION: MONDAY, APRIL 22nd, 12 noon - 7:30 pm**

#### **WINTER IS HERE!**

**CALL THE COA TO  
BE ADDED TO  
THE SENIOR  
SAND-DELIVERY  
LIST!**

**978-386-2424  
Ext 27**

#### **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**

## 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.

### COMMUNITY SERVICES :

**Community Legal Aid of Central MA (free):**  
(855) 252-5342 | [www.communitylegal.org](http://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](http://www.MassOptions.org)

**MOC Meals on Wheels: (978) 345-8501**  
Home delivered meals

**Twin City Area Memory Cafe: (978) 400-8778**  
1<sup>st</sup> 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 Susan: 978-433-0326

#### **ASHBY CONGREGATIONAL CHURCH**

(978) 386-5566  
[www.ashbycongregational.com](http://www.ashbycongregational.com)

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

(978) 386-5660

### 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.

**For more information regarding schedules and departures please call MART: 978-345-7711 option 3 or 800-922-5636 Ext. 3.**

**\*\*IF YOU NEED A RETURN RIDE PLEASE CALL 'MART' AT 800-922-5636 EXT. 3 AT LEAST ONE HOUR BEFORE TIME LISTED ON SCHEDULE.**

## Programs -

### FITCHBURG SENIOR CENTER EVENTS:

**Microbiome Gut Health (M.O.C.):** Feb. 6th

**Valentine's Day with Tony Funches of  
The Platters:** Feb. 13th

**Senior Whole Health - Hypertension:** Feb. 20th

#### **TRIP TO ITALY: October 1-12th, 2019:**

Grand Tour of Italy! Includes round-trip flights, motor coach transportation, hotel accommodations, 2 meals/day, professional tour escort, room/meal taxes and gratuities to bellmen. Cost \$3799 (credit card)/\$3719 (cash/check) per person, twin occupancy and includes air taxes & fees. Reservations / Information:  
Joan Goodwin 978-829-1790

**Learn About Tai Chi** - Fridays at 10:30 AM

**Tech Support with Jen:** Tuesday mornings & Thursday afternoons by appointment.

**Bagpiper Stuart Paul:** March 13th

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

### **ASHBY LEGION POST 361**

#### **MEAT RAFFLE**

**SUNDAY, FEB. 17, 2019 @ 1:30**

**(Beef, Chicken, Seafood & More !!)**

**Contact the Ashby Legion for more info:**

**(978) 386-7977 (Public Welcome)**

### MEALS ON WHEELS

The Ashby COA through 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 information.**

### TOWNSEND SENIOR CENTER EVENTS:

**Valentine's Day Dinner Dance - Feb. 14th**

**Akwaaba Ensemble - Sat., Feb. 23rd at 3:00 at the Townsend Library** - The Akwaaba Ensemble brings West African drumming and dance to life with the rich and subtle rhythmic patterns and styles specific to different tribal groups of West Africa. Experience this authentic, traditional music and dance for yourself!

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

### FREE MONTHLY HEALTH CLINICS

(Have your blood pressure & glucose checked and have your medical questions answered)

#### **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

### **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

## FREE CPR COURSE

**Saturday, February 23rd, 10:00 a.m. to 12:00 p.m.**

**CLASS SIZE IS LIMITED - REGISTRATION IS REQUIRED**

**(First come - first served)**

Sign up at the Council on Aging by stopping by or call: 978-386-2424 Ext. 27  
*In an emergency, every second counts, and so Ashby Fire & EMS will be offering "Heart Saver", a basic CPR course, for community members at no cost. An optional certification card can be purchased at the end of the training.*

# FEBRUARY 2019 COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Ashby Transfer Station Open: 9:00 - 1:00 Ground Hog Day 
3 Super Bowl LIII	4	5 Chinese New Year	6 COA Open 9:00 - 12:00  Friends of the Ashby Library Meeting 6:30	7 Cookbook Club Ashby Library 6:30  	8	9
10	11	12	13 <b>COA MEETING 3:30 TOWN HALL</b>	14 Valentine's Day Drop Stitch Club Ashby Library 6:30  Dinner dance at the Townsend Senior Center	15	16 Ashby Transfer Station Open: 9:00 - 1:00
17 Ashby Legion Meat Raffle 1:30	18 Presidents' Day 	19	20 COA Open 9:00 - 12:00  <b>VOLUNTEER AT THE COA 1:00 - 3:00</b>	21	22	23 CPR Training 10:00 am
<b>NO SCHOOL - WINTER VACATION</b>						
24	25	26	27 COA Open 9:00 - 12:00  <b>10 WARNING SIGNS OF ALZHEIMERS 3:00 at the COA</b>	28	<i><b>Know of an event that should be included in the next Scoop? Let us know and we will include it here!</b></i>	



**Ashby Council On Aging**

895 Main St., Box 11  
Ashby, MA 01431

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# SENIOR SCOOP

**LOOKING TO DO MORE FOR ASHBY  
SENIORS?**

**COME TO A COA MEETING!**

Please join us at our next meeting :

**Wed., Feb. 13th at 3:30**

**Ashby Town Hall, 3rd Floor**