

OCTOBER
2019



Ashby COA meetings are held the second Wednesday of each month, open to the public, and all are welcome to attend.

NEXT COA MEETING:

Wed., October 9th
3:30 pm
COA Office

(Located in the Ashby
Town Hall, 895 Main
St., 3rd floor.)

OFFICE HOURS:

The COA Office is open
on Wednesdays from
9:00 a.m. to 12:00 p.m. or
by appointment

CONTACT:

(978) 386-2424 ext. 27
coa@ashbyma.gov
895 Main St. Box 11
Ashby, MA 01431

COA MEMBERS:

Nancy Catalini
Chair

Jo Helander
Treasurer

Nadine Callahan
Secretary

Linda Mikkola
Vice-Chair

Gary Asher
Second Vice-chair

Linda Stacy
Peggy VanHillo

COA DIRECTOR:

Corey Harju

SENIOR SCOOP

ASHBY COUNCIL ON AGING'S NEWSLETTER

Mission: 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.

A Message From the Director:

Dear Ashby,

The Ashby COA was visited by the U.S. Census Bureau at our last COA meeting. We all learned a lot and I thought there were a few things you should know about the upcoming 2020 U.S. Census:

- There are U.S. Census field workers in Ashby now. Leading up to the 2020 census, field workers are out and about in Ashby and other towns checking addresses.
- U.S. Census workers can be identified by an official ID badge that includes their name, their photo, a Department of Commerce watermark and an expiration date. They will be carrying an official bag with the Census Bureau logo **or** a laptop for conducting the survey.
- For the first time, residents will be able to respond to the U.S. Census online!
- Roughly 15% of Ashby's residents don't respond to U.S. Census Bureau questionnaires. That's a better response rate than any other Massachusetts town bordering Ashby. Our New Hampshire neighbors to the north are slightly more responsive to census questionnaires, but I think if we all help spread the word, we can close the gap next year!

Here are 3 reasons to complete your U.S. Census:

1. Census data determines how many representatives each state gets in Congress!
2. Each year, the federal government distributes more than \$675 billion to states and communities based on our census data!
3. We rely on census data to plan for Ashby's needs including roads, schools, emergency services, and services for senior citizens!

Keep an eye out for more info from us on the U.S. Census and thank you for helping spread the word!

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



DATES TO REMEMBER:

**OCT. 1st - FLU CLINIC at the
ASHBY LIBRARY**

OCT. 9th - COA MEETING

**OCT. 15th to DEC. 7th - MEDICARE
OPEN ENROLLMENT**

**OCT. 17th - ALL YOU NEED IS THE
BEATLES SHOW at the
ASHBY LIBRARY**

**OCT. 23rd - VOLUNTEER AT THE
COA!**

OCT. 19th - ASHBY MILL TOUR

**OCT. 24th - ASHBY LIBRARY
MURDER MYSTERY
PARTY**

**OCT. 30th - COA MEDICARE
WORKSHOP 6:00**

**NOV. 6th - HEART HEALTH LUNCH
12:30 at the COA**

**DEC. 7th - SENIOR HOLIDAY
DINNER at the ASHBY
AMERICAN LEGION**

MEDICARE WORKSHOP

WED., OCTOBER 30TH, 6:00 P.M. TO 8:00 P.M.

AT THE ASHBY COA OFFICE (TOWN HALL, 3RD FLOOR)

A FREE presentation by Ashby's SHINE counselor, Garry Gleckel

PLEASE SIGN UP BY CONTACTING THE COA: 978-386-2424, x27

***LEARN WHAT EVERYONE NEEDS TO KNOW
ABOUT MEDICARE!***

Lunch & Learn!

HEART-HEALTH LUNCH

WED., NOVEMBER 6th, 12:30 at the COA



Joanne McCole RN, BSN from Nashoba Nursing Service & Hospice will present on cardiac health. According to statistics from the CDC, heart disease is the leading cause of death for both men and women in the U.S.

Prevention and treating contributing medical conditions are key to lowering your risk. Participants will learn: anatomy of the heart, risk factors, life style changes, and warning signs of heart attacks and strokes.

A healthy lunch & hand outs will be provided.

**Please register for this free event with the
Ashby COA: 978-386-2424 Ext. 27**

Brought to you by Nashoba Nursing Service & Hospice





Unitil

NOTICE FROM UNITIL:

Across the country, increasingly sophisticated and intimidating tactics are being used to frighten and confuse customers. At Unitil, we want you to protect yourself – stay vigilant, stay informed, and guard your personal information!

The most common scam we hear about targets utility company customers by phone. Versions of this scam have been reported by many different utility companies, including Unitil.

In most cases, you are contacted by a caller who states that they work at a utility company and are collecting money that is past due. They inform you that you can avoid having your utility service disconnected if you immediately pay the past due amount using a pre-paid credit or debit card that can be purchased at a local store.

We don't want you to fall victim to this scam. As a reminder, while Unitil will place courtesy calls if you are at risk for disconnection, these are usually automated calls that give you the option to speak with a Unitil customer service representative directly. Our representatives have your account information, so there is no need to ask for personal information, and we never request such a specific method of payment like a prepaid card. If you think you've been contacted by a scammer, **contact law enforcement immediately or hang up and call our Customer Service team.** This will ensure that you are able to talk to a Unitil representative directly and confirm your suspicions.

How to Protect Yourself from Scams:

1. **Never share your personal information, including birthday, Social Security number or banking account information with an unknown source.**
2. **Customers who are scheduled for disconnection due to nonpayment receive written notice that includes the actions they can take to maintain service.**
3. **All employees carry company-issued identification, and any electrical contractors working with us carry documentation explaining the nature and location of their work. Customers can always call us to verify this information.**
4. **Never wire money to someone you don't know- regardless of the situation. Once you wire money, you cannot get it back.**
5. **Don't assume the name and number on your caller ID are legitimate. Caller IDs can be spoofed.**
6. **Do not click links or call numbers that appear in unexpected emails or texts – especially those asking for your account information.**

VOLUNTEERS NEEDED:

**October 23rd
1:00 at the COA
Office (town hall,
3rd floor)**

**We need your
help getting the
next newsletter
ready!**

SENIOR PROPERTY TAX WORK-OFF OPPORTUNITIES:

- The Ashby Library is in need of a volunteer once a week to pull books for interlibrary loan and also someone who enjoys gardening/weed whacking to do some outdoor clean up. Contact the Library for more information: 978-386-5377
- The Ashby Council on Aging is in need of a volunteer able to vacuum, take out trash, and perform other light cleaning, on a regular basis. Contact the COA for info: 978-386-2424, Ext 27

The Ashby COA is currently in need of:
Sugar packets
Bottled spring water

Donations can be dropped off at the COA (on the 3rd floor of the town hall) anytime the town hall is open.

Thank you for considering the Ashby COA.

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

Susan: 978-433-0326

ASHBY CONGREGATIONAL CHURCH

(978) 386-5566

www.ashbycongregational.com

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

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**

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!

Ashby has a town nurse ready to help with your medical questions!

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.



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 for seniors with a MART ID (contact Ashby Town Hall for an ID). 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.

**IT'S MEDICARE
OPEN ENROLLMENT TIME!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received an info package in September. It is important to understand and save this information because it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers. **During the annual Medicare Open Enrollment Period (October 15th - December 7th), you will have a chance to CHANGE your plan for next year.**

SHINE Counselors can help you understand your plan changes, as well as other options you may have. SHINE volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Ashby COA and ask for a SHINE appointment. You can also call 1-800-AGE -INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

Local Flu Shot Clinics:

Ashby Library - Oct. 1st

Townsend Library - Oct. 11th

Ashburnham Health Fair - Oct. 15th

Lunenburg Library - Oct. 16th

Pepperell Senior Center - Oct. 17th

For details, including times, please contact
Tamara, the Town Nurse: 978-772-3335

SAVE THE DATE!

The Ashby American Legion's Annual
SENIOR CHRISTMAS DINNER
SATURDAY, DECEMBER 7TH

**A MESSAGE FROM
ASHBY'S ANIMAL INSPECTOR:**

It's that time of year again for barn inspections in Massachusetts. All cities and towns have an animal inspector to do a census of farm animals, check that animals are in good health, free of disease, have ample food, water and appropriate shelter.

I'll try to make contact with residents before showing up or you can contact me! 978-855-3448
Thank you, April Alden

**Sign Up Now For
Senior Sand Delivery!**
**Call or email the COA and leave your
name, phone number, and address.**

Phone: 978-386-2424 ext 27

Email: coa@ashbyma.gov

Local Area Fall Events:

Milford Pumpkin Festival

Oct. 11th at 5 PM thru the 13th at 3 PM

For info contact Granite Town Festivities Committee:
(508) 954-2786

Winchendon Fall Festival 2019

Saturday, October 12th 10:00 - 3 PM

Central Street, Winchendon
For info contact Town of Winchendon: 978-297-2766

Westminster Cracker Festival

Saturday, October 19th 9:00 - 5 PM

97 Main Street, Westminster
For info contact Native Joe Farm: (978) 870-2361

Keene Pumpkin Festival 2018

Sunday, October 27th 1:00 PM

Central Square, Downtown Keene, NH
For info contact City of Keene: 603-352-0133

JOIN THE ASHBY COA FOR A

WALK *With Friends!*

**Mondays at 8:50 a.m. at the Valley Road Trail
(Meet at the corner of routes 119 & 31). Walk
lasts about an hour and is just under 2 miles.
Rain or shine.**

EVENTS -

TOWNSEND SENIOR CENTER EVENTS:

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

Oct. 7th: Essential Oil Room Fresheners

Oct. 9th: Grandparents Raising Grandchildren

Oct. 10th: Bookmarks for a Friend

Oct. 23rd: Galloping Gourmets visit LaBelle Winery

FITCHBURG SENIOR CENTER EVENTS:

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

Oct. 18th: Trip to Russian Icon Museum & Lunch at The Old Timer

Oct. 23rd: Bone Density Screenings with Sterling Village & VNA Care Network & Hospice

Oct. 30th: Halloween Hootenanny

FALL CRAFT & VENDOR FAIR!

WESTMINSTER SENIOR CENTER

69 WEST MAIN ST, WESTMINSTER, MA

SAT., NOVEMBER 16TH

10AM - 2PM

(FREE ADMISSION)

HOSTED BY:

Cancer
Support Fund
Of Central Mass

PROCEEDS FROM THE EVENT WILL HELP CANCER PATIENTS RECEIVING TREATMENT AT LOCAL CANCER CENTERS IN GARDNER, ATHOL, AND FITCHBURG

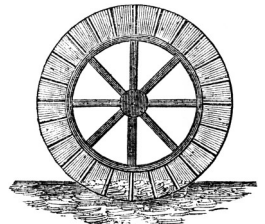
The Ashby Historical Society & Camp Middlesex present:

ASHBY MILL TOUR

SAT., OCTOBER 19, 10 - 2

CAMP MIDDLESEX

1031 ERICKSON RD, ASHBY



The tour will include the Loveland grist mill and saw mill, a chance to view the water turbine that provided the first electricity in town, a walk to the site of the first grist mill on the property as well as a street view of the site of Carr's Tub Mill, the largest of Ashby's mills, and Wilder's Turning Mill.

The Loveland grist mill and saw mill involve walking on smooth ground. The turbine involves a steep descent under the mill. The original grist mill site is a short trail walk. The Carr's Mill and Wilder's Mill sites can be viewed from the road and can be accessed on foot or by car. Visit the sites you feel comfortable accessing.

Ashby Fire Explorers Present:

MOVIE NIGHT AT MAJA HALL

Saturday, October 26th

Doors open at 5PM with only a \$2 a person, family of 5 or more flat \$10.00, fee to get in! Help us raise some money for a great program and enjoy some classic movies. Double feature. 1st movie "It's the Great Pumpkin Charlie Brown" starts at 6:30 followed by "E.T." For more info contact Ashby Fire & EMS: 978-386-5522

The Ashby Historical Society & Waterfall
Productions & Rita Parisi

Present: The Women of '76

Women of '76



Saturday, November 9, 2019 at
12 PM - 3 PM

Ashby Historical Society

846 Main St Ashby

More info, call the society:

978-386-7981

All You Need is The Beatles



with musician Dave Maloof

Thursday October 17th at 6pm
at the Ashby Free Public Library

from *Meet the Beatles* through *Abbey Road*, their best-known songs,
with singalongs, mash-ups, medleys and more.

This event is free thanks to a grant from
The Ashby Cultural Council

OCTOBER 2019 COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>October is breast cancer awareness month! The Ashby Police Department will be wearing pink badges for the month of October to help bring awareness to the disease.</p>	<p>1 FLU CLINIC ASHBY LIBRARY 2:00</p>	<p>2 COA Open 9:00 - 12:00 Ashby Elementary Walk to School Day</p>	<p>3</p>	<p>4</p>	<p>5</p>	
<p>6</p>	<p>7 Weekly Walk 8:50 Valley Road Trail Chat & Chew 10:30 873 Café</p>	<p>8</p>	<p>9 COA Open 9:00 - 12:00 COA MEETING 3:30 Town Hall, 3rd floor</p>	<p>10 Drop Stitch Club 6:30 Ashby Library</p>	<p>11</p>	<p>12 Transfer Station Open 9:00 to 1:00</p>
<p>13</p>	<p>14 Columbus Day  <i>Columbus Day</i></p>	<p>15 Medicare Open Enrollment Begins</p>	<p>16 COA Open 9:00 - 12:00</p>	<p>17 ALL YOU NEED IS BEATLES 6:00 Ashby Library </p>	<p>18</p>	<p>19 ASHBY MILL TOUR 10-2:00 Camp Middlesex</p>
<p>20</p>	<p>21 Weekly Walk 8:50 Valley Road Trail Chat & Chew 10:30 873 Café</p>	<p>22</p>	<p>23 COA Open 9:00 - 12:00 Volunteer at the COA 1:00</p>	<p>24 Murder Mystery Party Ashby Library 6:00 pm Adult Book Club 7:00 pm</p>	<p>25</p>	<p>26 Transfer Station Open 9:00 to 1:00 Movie Night at the Maja 5:00</p>
<p>27 </p>	<p>28 Weekly Walk 8:50 Valley Road Trail Chat & Chew 10:30 873 Cafe</p>	<p>29</p>	<p>30 MEDICARE WORKSHOP 6:00—8:00 Ashby COA Office</p>	<p>31 Happy Halloween </p>		



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

Return Service Requested

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SENIOR SCOOP

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Wed., Oct. 9th at 3:30 pm
COA Office**

(Located in the Ashby Town Hall, 895 Main St., 3rd floor.)