

SEPTEMBER  
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:**

**September 11th**

**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,

*Hello! It's been a few months since you last received a Scoop so let me catch you up on what your COA & Director have been working on this summer. July 1st marked the beginning of our new fiscal year, which means a new budget and a new year of events to plan. I have been working on putting together a monthly information session for the remaining months of 2019 and I'm already starting to think ahead to next year's events. If you have a topic that interests you, or you think would be of interest to others, please let the COA know! We do our best to look for presenters or activities that you might like, but we can always use your suggestions! In fact, we need them in order to give you programming that you will enjoy and value. Remember, the COA meets on the second Wednesday of each month at 3:30 at the Town Hall.*

*September triggers a few things here at the COA. We will soon be applying for 2 grants. The first is for funding from the State's office of Elder Affairs which is called the "Formula Grant". This grant is based on the town's senior population and we apply for it every year. Last year the amount awarded to Ashby was \$6,000. We use those funds for Director's pay and to mail the newsletter each month. The other grant we typically apply for is through the Mass Cultural Council's Local Cultural Council (LCC) Program. Last year we used those awarded funds to host a presentation on bird songs of the northeast, and singer Lisa Yves the year before that. We are always looking for suggestions for performers to use those LCC grant funds and we welcome your suggestions and ideas! Remember, the COA meets on the second Wednesday of each month at 3:30 at the Town Hall. Our next meeting is September 11th at 3:30, third floor of the town hall. We strongly encourage you all to join us! Hope to see you there!*

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

## **Dates to Remember:**

**SEPT. 1st - FITCHBURG MILITARY BAND'S FREE CONCERT AT COGGSHALL PARK, 2:00 P.M.**

**SEPT. 2nd - LABOR DAY**

**SEPT. 11th - COA MEETING 3:30**

**SEPT. 12th - COMMUNITY RESOURCE EXPO - FITCHBURG**

**SEPT. 18th - PUBLIC HEALTH INFO SESSION at the COA**

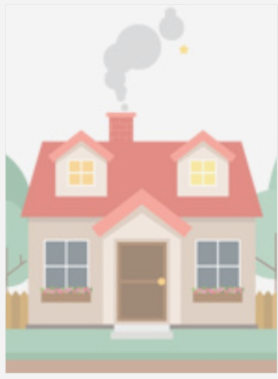
**SEPT. 25th - VOLUNTEER AT THE COA!**

**SEPT. 28th - ASHBY PUMPKIN FESTIVAL!**

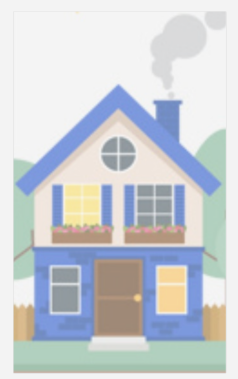
**OCT. 30th - MEDICARE WORKSHOP**

**NOV. 6th - CARDIAC HEALTH LUNCH 12:30 (Location t.b.d.)**

**DEC. 15th - TRIP TO A CHRISTMAS CAROL AT THE HANOVER THEATRE**



# UNDERSTANDING ASHBY'S PUBLIC HEALTH



Wed., September 18, 2019  
3:30 p.m.

**Council on Aging Office** (Town Hall, third floor)

Gain an understanding of the public health system, the role of local public health boards, how local health departments impact our lives, and the public health services available to you as an Ashby resident!

*Presented by Tamara Bedard, RN - Ashby's Community Health Manager and Town Nurse at Nashoba Associated Boards of Health*

*LIGHT REFRESHMENTS WILL BE SERVED*

PLEASE JOIN THE ASHBY COA FOR:  
CHARLES DICKENS'

## A CHRISTMAS CAROL

SUNDAY ~ DECEMBER 15TH at the HANOVER THEATER

**\$58.77 per person**

Price includes one seat and transportation to and from the Hanover Theatre in Worcester. **Reserve your spot by September 19th.** Payment (cash or check) due at time of reservation. Payment can be made in person at the COA Office or by mail.

**LIMITED TICKETS ARE STILL AVAILABLE! FIRST COME, FIRST SERVED**

Details:

Attendees will Meet the bus at **12:15 pm** in the Ashby Legion/  
Ashby Congregational Church  
parking lot on New Ipswich Road



Montachusett Home Care  
Presents

# Community Resource Expo



**Thursday September 12, 2019**

**10:00am - 2:00pm**

Great Wolf Lodge  
Grand Ballroom  
150 Great Wolf Drive  
Fitchburg, MA 01420

**LEARN WHAT RESOURCES AND SERVICES ARE  
AVAILABLE TO YOU AND YOUR COMMUNITY**

Free health screenings and raffle prizes

Entertainment:  
Music in Motion

presented by Gardner Rehabilitation and Nursing Center

**Lunch Provided**

Montachusett Home Care will present a free, extensive exposition of different community resources available for seniors, as well as those with disabilities and their families at Great Wolf Lodge, 150 Great Wolf Drive in Fitchburg, in their Grand Ballroom on September 12th from 10 to 2:00 p.m.

Many Exhibitors will be on hand to help visitors understand what products or services they are able to provide that might make circumstances more comfortable and worthwhile.

The event should be lively, and entertaining as well, with a Music in Motion program presented by Gardner Rehabilitation and Nursing Center, various free health screenings, and even raffle prizes! In addition, a free lunch for all attendees will be provided by the expo!

The expo will be an excellent and fun opportunity for all Ashby residents to learn about resources available to seniors and future seniors, as well as those with disabilities, and their families.

The Ashby Council on Aging has been selected to participate in the  
September

## Hannaford Helps Reusable Bag Program!



We will receive a \$1 donation when you buy the Community Bag this month at the Hannaford located at:

**333 Mass Avenue, Lunenburg Crossing  
Lunenburg, MA**

Unless the donation is otherwise directed by the customer via the Giving Tag

### VOLUNTEERS NEEDED:

**September 25th at 1:00  
COA Office (Town hall, 3rd floor)  
We need your help getting the  
newsletter ready!**

### **FARMERS MARKET COUPONS NOW AVAILABLE AT THE COA:**



Please visit or contact the COA for availability and eligibility requirements. Number of coupon books are **very limited**. First come - first served, while supplies last.

The Ashby COA is currently in need of:

- Small dessert paper plates
- Napkins
- Paper towels
- Sugar packets
- Coffee stirrers

*Donations can be dropped off 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](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

[www.ashbyuu.org](http://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.



## EVENTS -

### TOWNSEND SENIOR CENTER EVENTS:

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

**GRANPARENTS RAISING GRANDCHILDREN TOPIC: THE ROLE OF MENTAL HEALTH IN KINSHIP FAMILIES**

Wednesday, September 11th

**HEALING CONVERSATION ADULT BEREAVEMENT SUPPORT GROUP**

Thursday, September 19th, 1-2 p.m.

**MOSAIC ART BASICS SERIES**

Tuesdays in September

**SILVER SNEAKERS FITNESS**

Tuesdays & Thursdays at 10:00 Cost: \$5/class

### FITCHBURG SENIOR CENTER EVENTS:

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

**CREATIVE WRITING**

Starts September 3rd, Tuesdays at 1:00 p.m.

Instructor Paul Luria

**GERMAN OCTOBERFEST CELEBRATION FUNDRAISER**

September 28th 5-9 p.m. Tickets are \$20 each or 2 for \$35

**EAST HILL FARM VISIT**

Thurs., September 19th, bus departs at 11:00

Cost is \$23.00 per person and includes transportation to the farm in Troy, NH., rum punch & cider, Maple Madness Dinner and tour.

**GRAND TOUR OF ITALY**

October 1st—12th

Cost is \$3799 (credit) or \$3719 (cash or check) per person (twin occupancy, includes air taxes & fees, round-trip flights, motor coach transportation, hotel accommodations, 2 meals per day, tour escort, room/meal taxes and gratuities to bellmen.

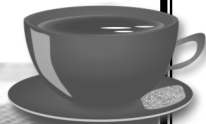


Presented by the Friends of the Ashby Public Library

**Saturday, September 28th  
10-4:00 on the common!**

## CHAT & CHEW

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



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.*

## MEDICARE WORKSHOP

**WED., OCTOBER 30TH**

**6:00 P.M. TO 8:00 P.M.**

**FREE event held at the Ashby COA Office (Town Hall, 3rd floor)**

**Presented by Ashby's SHINE counselor, Gary Gleckel**

**PLEASE SIGN UP BY CONTACTING THE**

**COA: 978-386-2424, x27**

**The Fitchburg Military Band presents:**

## A Free Summer Concert

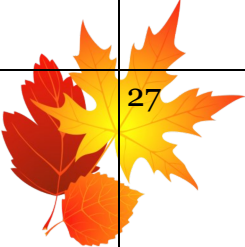

**at Coggshall Park's Stone House overlooking Mirror Lake**

**Sunday, Sept. 1st, 2:00**





# SEPTEMBER 2019 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
1 Fitchburg Military Band's Free Concert at Coggshall Park 2:00 p.m.	2 Weekly Walk 8:50 Valley Road Trail  Chat & Chew 10:30 873 Café  LABOR DAY	3	4 COA Open 9:00 - 12:00	5	6	7
8	9 Weekly Walk 8:50 Valley Road Trail  Chat & Chew 10:30 873 Cafe	10	11 COA Open 9:00 - 12:00  COA MEETING 3:30 Town Hall, 3rd floor	12 Community Resource Expo 10:00 - 2:00 Great Wolf Lodge, Fitchburg  Drop Stitch Club 6:30 Ashby Library	13	14 Transfer Station Open 9:00 to 1:00
15	16 Weekly Walk 8:50 Valley Road Trail  Chat & Chew 10:30 873 Cafe	17	18 COA Open 9:00 - 12:00  Public Health Info Session 3:30 COA Office	19	20	21
22 	23 Weekly Walk 8:50 Valley Road Trail  Chat & Chew 10:30 873 Café  Autumn Begins	24	25 COA Open 9:00 - 12:00  Volunteer at the COA 1:00	26 	27	28 Transfer Station Open 9:00 to 1:00  Pumpkin Fest 10-4:00 Town Common
29	30 Weekly Walk 8:50 Valley Road Trail  Chat & Chew 10:30 873 Cafe	 <p><b>For the month of September, for every reusable "Community Bag" purchased at the Hannaford Supermarket on Mass Ave in Lunenburg, a \$1 donation will be made to the Ashby Council on Aging!</b></p>				





**Ashby Council On Aging**

895 Main St., Box 11  
Ashby, MA 01431

*Return Service Requested*

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Massachusetts Executive Office of Elder Affairs*

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COA Office**

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