



SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

December 2016

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

coa@ashbyma.gov

Marcia Zaniboni Director
OFFICE HOURS
Tuesdays 10:00am - noon
or by appointment

Closed October 4

978-386-2424 (ext. 27)

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

SAVE THE DATES

Dec 2 Festival of Trees
Dec 3 Party at Legion
Dec 5 Holiday Centerpiece
Dec 14 SHINE

The newsletter **will not** be mailed in January. It will be placed at several places around town. And you can always view it on the Town website at <http://ci.ashby.ma.us/coa/>

It will be mailed again in February.

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.

COA Board

Jan Miller, *Chair*
Nancy Catalini, *Vice Chair*
Oliver Mutch, *Treasurer*
Elsie Fredrickson, *Secretary*
Linda Stacy
Jann Grutchfield
Leslie Anderson

Council on Aging Meetings

The Ashby Council on Aging meets on the second Wednesday of each month (except July and August). At 3:30 pm in the COA office which is located on the third floor of the Lyman Building. Meeting are open to the public and all are welcome.



Resources

SHINE

We now have a SHINE counselor here to meet with you individually to help select the best plan for you. Welcome Garry Gleckel! He will be here on the second Wednesday of the month from 11-2. Medicare open enrollment is October 15th through December 7. This is your annual opportunity to change plans. Please call to make an appointment. Also, if you have high prescriptions costs, review your part D coverage. You may qualify for Prescription Advantage.

***Fuel Assistance Programs
Application appointments available
on Tuesday Afternoons***

Applications are now available for Fuel assistance. If you need help completing your re-certification or filling out a new application, please call the COA office to make an appointment. You will need to bring income, utility and residence verification as well as an ID.

Eligibility is based on the size of the household and the combined gross income of its members. You can also call **New England Farm Workers' Council at 978-342-4520** or **Good Neighbor Energy**

SUPPORT GROUPS

(Please call site to verify date/time)

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 month 6 p.m.

WIDOWHOOD SUPPORT

Montachusett Home Care Corp.
Facilitator: Peter Sylvia
(800) 734-7312
Meets Thursdays 5:30 p.m.

You Too? Me Too!

A morning social for women surviving the loss of a significant other.
Third Saturday of each month.
10:30 to Noon
Hazen Library, Shirley

Ongoing Programs

MEALS ON WHEELS

The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Hot noon time meals are delivered to an individual's home. Frozen meals for evenings and weekends may also be available for delivery with the noon meal. Each meal meets 1/3 of the RDA for adults, and is appropriate for a 'no added salt' diet. Therapeutic diet meals are available with a doctor's prescription.



Eligibility: Must be at least 60 years of age and homebound. Requested donation is \$2.25 per meal. Call the Ashby COA office at 978-386-2424 ext. 27 if you would like to receive Meals on Wheels.

ASHBY COUNCIL ON AGING VAN

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 p.m.

Interested residents should call:

Jennifer Collins Monday through Thursday at 386-2501, ext. 11 to apply and schedule use. Riders must be scheduled by 2:30 p.m. the day before the travel date.

If you need to cancel your scheduled ride or if there is a problem the day of travel please call MART dispatch at 345-7711, option 3.

Want To Go Shopping with a Friend? Call for the Van!

ASHBY FOOD PANTRY

is open on the 2nd Tuesday of each month from 6:00 - 7:30 pm in the Selectmen's meeting room at Town Hall. Please bring proof of residency. If you have questions, please contact [**ashbyfoodpantry@gmail.com**](mailto:ashbyfoodpantry@gmail.com)

Things To Do

Mondays

Look for special crafts and other programs scheduled throughout the year.

Tuesdays

COA office is open in the morning. Stop by for coffee.

Knit and other handcrafts at the Library 10:30 -12:30

Food Pantry 2nd Tuesday, 6:00 - 7:30 pm

Evening Yoga class at Town Hall. 5:30 \$5 per class

Wednesdays

Breakfast at 873 Café at 9:00. Many Wednesdays there is a speaker on topics of interest to you. Seniors will receive a 10% discount on their meal.

Thursdays

Get together with your friends and make new friends by coming to the Library for a game of Scrabble and more.

Fridays

Take the van shopping. Here is the suggested schedule:

1st Friday Townsend Hannafords

2nd Friday Fitchburg (John Fitch) Market Basket

3rd Friday Lunenburg Hannafords

4th Friday Whitney Field Market Basket

Saturdays

Chair Yoga at Town Hall 9:00 am \$5.00 per class. Healthy movement from seated and standing positions

Sundays

Beginner Yoga at Town Hall 8:30 am. \$5.00 per class

Focus on simple yoga postures and routines.

Special Programs

Festival of Trees and Snow Village

Friday,
December 2

9:00 - 3:30

Displayed in
the Hennewell
Carriage



House, the beautifully decorated holiday trees have been donated and decorated by local businesses, garden clubs, and individuals. You can “vote” with your raffle tickets, in hopes of being the tree winner at the end of the festival. You will also enjoy the decorated buildings and grounds at Elm Bank with a stroll or a horse-drawn wagon ride. After all that, you will head to The Cottage for lunch. \$42 includes transportation, admission and lunch. Seats are still available.

HOLIDAY CENTERPIECE

Monday, December 5th 10:00 am

Dixie from the Bronze Bell is returning to make a unique centerpiece for the Holiday season! The cost is only \$15 and includes all supplies. Please sign up so we can order materials.

CHAT AND CHEW

Wednesdays at 873 Café

9:00 Breakfast

December 14 10:00 AM

**SHARE YOUR HOLIDAY
CHEER!**

Bring your favorite cookies, craft or any other tradition. Coffee is on us.

NEW YOGA CLASS!

Tuesdays, 5:30 pm

Town Hall

\$5/class

AMERICAN LEGION ANNUAL HOLIDAY DINNER

Saturday, December 3rd, 1:00 pm

Once again the Ashby American Legion Post 361 is hosting dinner, FREE to all Ashby seniors. Please fill out the form on the back page and return it the them by November 27th.



DECEMBER
www.ashby.com - 036M06

More Assistance

The holidays can be a stressful time for anyone. With travel, family and social engagements, house guests, shopping and a million other to-dos, the holidays can be overwhelming for many. But for seniors, the holidays can bring additional stress from multiple travel plans, an uprooted routine and even seasonal depression. Try these five helpful tips to help keep holiday stress to a minimum

Set realistic goals

We know visiting family and friends is always on the to-do list during the holiday season, but traveling and meeting with people all day can be physically and mentally exhausting. Make sure to schedule ample rest time throughout and allow for plenty of transportation time in between visits so that there's no rushing around to see last-minute guests.

Keep set schedules

If you are used to waking up at a certain time, eating at a certain time and going to bed at a certain time, make sure to respect those schedules. Staying up later to accommodate family visits or having to eat later in the evening because of a difference in meal times can be difficult and stressful, so make sure others know what your schedule is like.

Keep expenses to a minimum

Many seniors are on fixed incomes, so keeping costs low can help ease any financial stress associated with the holidays. Travel, gifts and food can all start to take their toll on the checkbook, so make sure to create a realistic budget and stick to it.

Plan appropriate activities

A six-hour shopping trip may not be the best idea if you have difficulty walking or standing for long periods of time. If these types of activities are unavoidable, make sure that a walker or wheelchair is available to make activities easier and more comfortable.

Keep friends or family around

Along with the fun and happy aspects of holidays comes sadness for many seniors - especially those who've lost loved ones. Be sure to not isolate yourself or your elderly companion. There are always churches and other civic organizations that offer holiday parties and gatherings, or volunteering at a local organization to stay social during the holidays.

Outreach

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**.

Applications/Information Available at the Council on Aging Office

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



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895 Main St., Box 11
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**Do You Have a Little Free Time to
Make Sure a Senior is OK?**

The COA is looking for a few people to check in
with isolated seniors in Ashby.

You can either stop by for a visit or just make a
phone call from your own home.

Please contact us at 978-386-2424, ext 27

Would you like a visit or phone call?

Call US!