

JANUARY
2020



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., January 8th
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 E. 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,

Happy New Year! The new year is a good time to share the most asked question of 2019: "How old is a senior citizen?" The truth is there is no answer. The term senior citizen has no clear age and it does not appear in any laws. It was a euphemism that began appearing in the U.S. in the early 1900's and has managed to stick around. Like all euphemisms, the term was created to make it easier to talk about something that makes us uncomfortable, in this case, getting older.

When the term "senior citizen" was coined, the average American lived to around age 47. I am positive there is no 47 year old today that would consider themselves a senior citizen. These days, people sometimes assign the term to the age of retirement. The problem with this is that the average retirement age in the U.S. is 62. You can join AARP at 50. In Ashby, 30% of people between the ages of 65 and 75 were still working last year. So retirement age doesn't really get us any closer to a definition either.

Perhaps the term doesn't carry the strong negative connotations that it once did, but even so, on a practical level, the term doesn't do what we want it to do. It can't tell us anything about a person because it never really had a definition and it still doesn't.

I think the purpose of the question is really to understand when the COA starts offering services to residents. Part of the answer is in our name. We are a council for anyone in Ashby who is aging - all residents who are older or will be older, not just those who are homebound or disabled, not just those over 60, 65, or 70. The age we offer services is only limited by our resources: money, time, volunteers, etc. For example, Ashby residents start receiving this newsletter the year they turn 65. That age is determined only by the funding it takes to mail the newsletter. Another example is winter sand delivery. There is no age requirement for this service because it requires minimal coordination, time, and we currently have enough volunteers willing to provide it to those who need it. That being said, these things can change as the number of residents needing services continues to climb in town. Aging is fluid, and the COA must remain fluid as well in order to do its job.

Bottom line, senior citizen is a made up label and we should stop using it because it gets us nowhere and does none of us justice. If there is a service you need, ask us for it. If we can provide it, we will. We want all Ashby residents to be comfortable talking to us about what they need to age well in Ashby. The sooner we all (at any age) start thinking positively and proactively about aging, the better Ashby will be for it, now and in the future.

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

DATES TO REMEMBER:

JAN. 1st - New Year's Day

JAN. 2nd - Ashby Library Cookbook Club

JAN. 6th - COA Chat & Chew at the 873 Café 10:30

JAN. 8th - COA MEETING 3:30 at the COA Office

JAN. 20th - Martin Luther King Jr. Day

JAN. 22nd - VOLUNTEER AT THE COA - HELP WITH NEWSLETTERS

JAN. 29th - COMMUNITY LEGAL AID INFO SESSION AT THE COA 2:00

CHAT & CHEW
With your Ashby COA
Director

Monday, Jan. 6th, 10:30
at the **873 Café**

Here's your chance to talk to
your COA Director about
your needs as an Ashby
senior citizen, discuss
programs or services you
would like the COA to offer,
and ask the COA
Director your
questions.



A Special Thank You to the
Ashby American
Legion Post 361

and to the volunteers that worked to make
the Legion's Annual Senior Appreciation
Holiday Dinner another great success
enjoyed by Ashby's older residents!

The dinner was held on December 7th. Over
70 people attended and over 40 meals were
picked up or delivered to Ashby residents at
home.

To the right:
Ashby Girl Scouts
sing Christmas
carols for Ashby's
older residents at
the Legion's
Holiday Dinner



JOIN THE ASHBY COA FOR:
COMMUNITY LEGAL AID
INFORMATION SESSION
Wed., January 29th at 2:00
At the Ashby COA (Town Hall, 3rd floor)

Meet Attorney Eleanor Cashmore, Ashby's Legal Aid Attorney.

Learn what Community Legal Aid does and what
it can provide for Ashby's residents.

There will also be a discussion on elder abuse
presented by Montachusett Home Care, how their
agency plays a part, and what to do if you or someone
you know is experiencing elder abuse.



IMPORTANT MEDICARE INFORMATION FROM SHINE:

Starting on January 1, 2020 the **income limits for the Massachusetts Medicare Savings Program are increasing significantly**. This change will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to \$1,738 and for a married couple to \$2,346 this is an increase of more than \$300 a month in both cases. Asset limits are going to more that double as well going up to \$15,460 single and \$23,200 married couple. This program would pay your monthly Part B Premium, \$144.60 for 2020, you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. If you have questions, including questions about your coverage, contact the Ashby COA to schedule an appointment with Ashby's SHINE Medicare counselor. Appointments are available in Ashby on the 1st Thursday of the month: 978-386-2424 ext. 27.

VOLUNTEERS NEEDED:
January 22nd, 1:00 at the COA
(Town Hall, 3rd floor)
We need everyone's help getting
the next newsletter ready!
Everyone welcome!

How to Donate to the Ashby COA:
We are often asked how folks can donate to the COA. Interested parties can make a check out to the Ashby Council on Aging. Donations can be dropped off at the COA office located in the Town Hall or mailed to: Ashby Council on Aging, 895 Main Street, Box 11, Ashby, MA 01431 Attn: COA Donation Account. Your donation is considered tax deductible.

A MESSAGE FROM THE ASHBY TOWN CLERK:

Happy New Year from the Town Clerk's office! It's a busy time of year for our office. The **Annual Town Census Form** has been mailed out, please update with any changes needed and return to Town Hall. You can mail your census form, bring to the Town Clerk's office, or drop in the silver drop box outside of Town Hall. It's important for us to have an accurate count of the number of citizens in town, in order to help Ashby better qualify for services and financial aid from the State. It also helps us to ensure that our voter records are accurate, and provides the information needed to complete the Ashby Street List in June.

2020 will be a busy election year, and now is the time to fill out an Absentee Ballot Application. This application can be used for a single election, or all elections for the entire year! If you are physically unable to get out to the polls on Election Day or are going to be out of town that day you can still vote.



The 2020 election dates:

- **Tuesday, March 3rd Presidential Primary**
- **Monday, April 27th Annual Town Election**
 - **Tuesday, September 1st State Primary**
- **Tuesday, November 3rd Presidential Election**



To request an Absentee Ballot Application for yourself or a relative, please call the Town Clerk's office (978) 386-2424 ext. 10. Ballots can be mailed back but must arrive by the close of the polls on Election Day. If you have any questions please give me a call. We want everyone to have the opportunity to vote!!

Tiffany Call, Town Clerk: (978) 386-2424 ext. 10
Office hours: Monday-Thursday 8 am - 12 pm and Wednesday evenings 5-8 pm

SERVICES & PROGRAMS -

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

COUNSELING & 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



Remember the days when Ashby had a town Doctor? Now we have a town nurse!

Whether you have questions about medications, need help finding a doctor or specialist, or you or your loved one just can't get to a doctor, Ashby has a town nurse ready to help!

Ashby's Town Nurse: 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.



FREE MEDICAL EQUIPMENT LOANS!

From the Ashby COA

Call or visit the COA for availability: 978-386-2424 Ext. 27



ASHBY MART SHUTTLE SERVICE

MART Shuttle Service is available to Ashby residents age 60 years or older, or ADA qualified. The van is available Monday thru Friday, 8:00 a.m. to 5:00 p.m., for medical appointments, social day care, and shopping.
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

PROGRAMS & SERVICES -

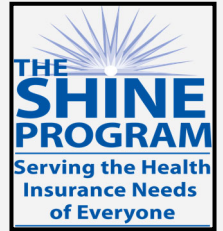
DO YOU HAVE THE BEST POSSIBLE MEDICARE COVERAGE?

EVERYONE'S MEDICARE NEEDS ARE DIFFERENT.

MEET WITH A FREE MEDICARE COUNSELOR TO FIND OUT IF YOU HAVE THE BEST COVERAGE FOR YOUR NEEDS!

Call the Ashby COA to schedule a meeting with your local Medicare counselor: 978-386-2424 ext. 27

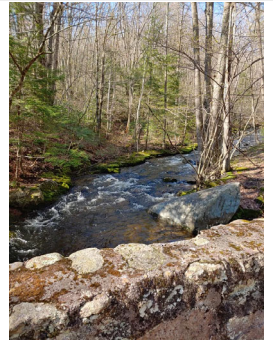
(Appointments are generally available the first Thursday of the month)



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. WE WALK IN THE WINTER!



THE ASHBY COA'S LITTLE FREE LIBRARY

The COA's little library is a free book exchange located at the COA (3rd Floor, Town Hall). It belongs to everyone and everyone can use it.

Take a Book - When you're done, bring it back, pass it along, or donate it to a library.

Share a Book - Donate a book that you no longer need.

There are no fees and no membership required. Free for everyone!

WINTER IS HERE!

Sign Up For Free 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



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. To sign up or to sign up your family member, call the Ashby COA office at 978-386-2424 ext. 27

EVENTS -

TOWNSEND SENIOR CENTER EVENTS:

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

Diabetes Wellness Support Group
Monday, Jan. 20th 12:30 PM – 1:30 PM

Grandparents Raising Grandchildren Group
Wednesday, Jan. 8th 6 PM – 7 PM

Chair Exercise (video instruction)
Mondays, Wednesdays, & Fridays at 10am

Intermediate Chair Exercise (video instruction)
Mondays at 11am Wednesdays at 3 pm
Gentle Yoga with Patsy Mondays at 9:30am Cost: \$6/class

Joint Health Yoga
Monday, December 30 at 9:30am

Silver Sneakers™
Tuesdays & Thursdays at 10am
Cost: \$5/class, paid per class

Woodcarving Club



Drop in and meet the woodcarving guys.
Everyone is welcome, no sign up needed, and free!
No experience necessary.

FITCHBURG SENIOR CENTER: Tuesdays, 10 am - Noon
WESTMINSTER SENIOR CENTER: Thursdays, 9 am - Noon

ASHBY FREE PUBLIC LIBRARY JANUARY HAPPENINGS:

Ashby Fire & EMS Association
2nd Annual
Winter Raffle
To Support:

The Maja Hall

ENTER TO WIN:

1ST PRIZE \$30 SCRATCH TICKET BOOK!

2ND PRIZE \$10 SCRATCH TICKET BOOK!

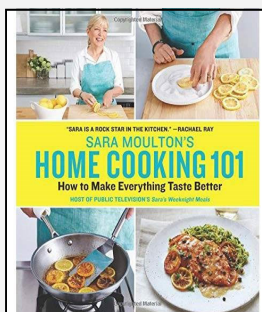
3RD PRIZE \$2 SCRATCH TICKET BOOK!

TICKETS ARE AVAILABLE FROM ALL FIRE DEPARTMENT MEMBERS, AND THE 873 STORE
DRAWING WILL BE ON JANUARY 16TH 2020 THREE NAMES WILL BE DRAWN

GOOD LUCK!!!

TICKETS \$20

PLEASE NOTE YOU MUST BE 18 YEARS OF AGE TO PLAY THE LOTTERY IN MA



Cookbook Club

Thursday, January 2

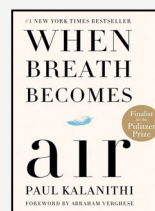
6:30 PM – 7:30 PM

Hungry for new recipe ideas? Join us for a new flavor of book club... the Cookbook Book Club!

January Cookbook: Sara Moulton's Home Cooking 101: How to Make Everything Taste Better

Adult Book Group

Wednesday, January 8, 7 PM – 8 PM
This month we're reading "When Breath Becomes Air" by Paul Kalanithi. Stop by the circulation desk or log on to your CW/Mars account to reserve a copy.



Bullet Journal Club

Thursday, January 16th at
6:30 PM – 7:30 PM

Do you want to organize your life while also enjoying a creative pursuit? Come out and join our Bullet Journal Club!



Our planner/journaling enthusiasts will be on hand to help you get you started, and to chat about what works for them and what hasn't worked.

This is an informal, drop-in event, with no registration required. Bring along your own notebook or planner and your favorite pens, or try out some spreads on the supplies we provide.

ASHBY LEGION POST 361

MEAT RAFFLE

SUNDAY, JAN. 19th, 2020 @ 1:30

Beef, Chicken, Seafood & More !!

Contact the Ashby Legion for more info:

(978) 386-79770

Public Welcome!

Come on down for a good time, a chance to win, and support our Ashby Legion!

JANUARY 2020 COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day Town Offices Closed	2 SHINE Medicare Counseling at the Ashby COA Ashby Library Cookbook Club 6:30	3 COA Open 9 - 12:00	4 Transfer Station Open 9:00 - 1:00
5	6 CHAT & CHEW 873 Café 10:30 Weekly Walk Valley Rd Trail 8:50	7 Silver Sneakers Townsend Sr. Center 10:00	8 COA Open 9 - 12:00 COA MEETING 3:30 Town Hall Ashby Library Adult Book Club 7:00	9 Woodcarving Club Westminster Sr. Center 9:00	10	11 National Milk Day 
12 Cupcake Festival Townsend Library 11 AM to 4 PM 	13 Weekly Walk Valley Rd Trail 8:50	14 Silver Sneakers Townsend Sr. Center 10:00	15 COA Open 9 - 12:00	16 Ashby Library Bullet Journal Club 6:30	17	18 Transfer Station Open 9:00 - 1:00
19 Ashby Legion Meat Raffle 1:30 	20 Weekly Walk Valley Rd Trail 8:50 Martin Luther King Jr. Day	21 Silver Sneakers Townsend Sr. Center 10:00	22 COA Open 9 - 12:00 VOLUNTEER AT THE COA 1:00	23 Woodcarving Club Westminster Sr. Center 9:00	24	25 Chinese New Year 
26 53 Days to Spring! 	27 Weekly Walk Valley Rd Trail 8:50	28 Silver Sneakers Townsend Sr. Center 10:00	29 COA Open 9 - 12:00 COMMUNITY LEGAL AID INFO SESSION 2:00 - 3:00 COA Office Town Hall	30 Woodcarving Club Westminster Sr. Center 9:00	31 	



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

Return Service Requested

PRESORTED
STANDARD
U.S. POSTAGE
PAID
ASHBY, MASS. 01431
PERMIT No. 3

SENIOR SCOOP

ASHBY COUNCIL ON AGING'S NEWSLETTER

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January 8th at 3:30 pm
COA Office**

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

*Distribution of this newsletter is made possible by a grant from the
Massachusetts Executive Office of Elder Affairs*