



SENIOR SCOOP

· JUNE 2018 ·

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 BOARD:

Nancy Catalini, *Chair*
Jo Helander, *Vice Chair & Treasurer*
Nadine Callahan, *Secretary*
Linda Stacy
Leslie Anderson
Linda Mikkola
Suzanne Harju

Council on Aging Meetings: The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm (except July and August) 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:

- June 1st— 57th Annual NMRHS Commencement Ceremony**
- June 6th - Dance to Swing at the Townsend Senior Center**
- June 7th - Fitchburg Farmers Market at FAM**
- June 9th - Ashby Historical Society Open House**
- June 9th - Ashby Fire Dept. Open House**
- June 9th - Lunenburg Arts Festival**
- June 13th - COA Board Meeting**
- June 13th - Housing Production Plan Meeting at the Town Hall**
- June 17th - Father's Day**
- June 18th - Crafts & Cocktails at the VFW**
- June 26th - Special Town Election**
- June 27th - VOLUNTEER AT THE COA**
- June 27th - Ashby Library Summer Reading Program Kickoff**
- June 29th - Free Fun Friday**

See inside for details and more events.

COA DIRECTOR

Corey Harju
Phone: 978-386-2424 (ext. 27)
Email: coa@ashbyma.gov
Office Hours: Wednesdays 9 - 12:00
OR By Appointment

The COA is located in the Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor.

From the Director:

Dear Ashby,

You have probably noticed a big change in the Senior Scoop Newsletter these past few months and the change is not by accident. The COA Board of Directors and I are making the newsletter a priority. Our goal is to fill the newsletter with as much useful information, helpful services, and local happenings as its pages will hold. We will also be mailing it to you on a more consistent, monthly basis.

We think the newsletter is one of the most important things we can do as your COA. It is our way to communicate with the people we are here to serve: YOU! We hope to make this newsletter a more useful and reliable tool that you will look forward to receiving each month. We will continue to try to make it a better and more valuable resource for you and your families.

So far, the feedback about the newsletter has all been positive and I am glad to hear the changes are being well received. If you too are happy to be receiving a more useful and reliable newsletter, please tell the COA Board of Directors AND your Board of Selectmen. We value your feedback and want to know if we are on the right track! AND...(cont. on page 2)

From the Director continued...

(Cont. from page 1)...

If you hear of an event or local happening that you think other Ashby seniors might want to hear about, let us know, and we will include it in the next Senior Scoop! I'll leave you with one of my favorite quotes:

"Good communication is just as stimulating as black coffee, and just as hard to sleep after."

- Anne Morrow Lindbergh

Have a wonderful June and take care,

~ Corey Harju (Your COA Director)

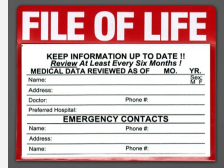
MEALS ON WHEELS

The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation.

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 to sign up.**

Pick up your FREE File of Life Magnet at the COA office!

Emergencies can happen any time. Be prepared! A File of Life can save precious moments and lives! Its easy and its free! Contact the COA! today!



VOLUNTEERS NEEDED!!

WEDNESDAY, JUNE 27th

1:00 pm in the COA Office at the Ashby town hall (3rd floor)

Your COA needs volunteers to help get our next newsletter ready for mailing. No registration needed.

FIND YOURSELF NEEDING A LITTLE BIT MORE HELP?

CALL YOUR COA!

Your COA Director can help refer you to local service providers:

- In-home Hairdressing & Cosmetology
 - Landscapers and yard cleanup
 - Handymen
 - Pet Care
- Tax and Legal Advisors
 - Plumbers
 - Electricians
 - Housecleaning
- Home Health Care
 - ...and more!

Please call the Ashby COA office at 978-386-2424 ext. 27.

TOY DRIVE!

The Ashby Free Public Library is now accepting donations of new and gently used toys for upcoming toy sale! All proceeds go directly to the Ashby Library.



New and gently used toy donations can be dropped at the Library. **PLEASE NO BROKEN TOYS. Please clean all used toys - be kind and leave germs behind!**

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. Riders must be scheduled by 2:30 p.m. the day before. To apply and schedule use please call: **Jennifer Collins, Monday through Thursday: 386-2501, ext. 11**

FREE
or Discounted
Summer Fun!



At The
Ashby
Public
Library

Reserve
Yours
Today!

812 Main St. Ashby
978-386-5377

Massachusetts State Parks

Fitchburg Art Museum

Ecotarium

Davis Farmland

Mariposa Museum

Tower Hill Botanical Gardens

Mystic Aquarium

Cheshire Children's Museum

USS Constitution Museum

Salem Witch Museum

The Butterfly Place

The Amazing World of Dr. Seuss Museum

Springfield Art, History, and Science Museums

Sponsored in part by
The Friends of the Ashby Public Library



Resources



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 on the SHINE program, 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.

NEW! Begins June 1st!

ADULT BEREAVEMENT DROP-IN SUPPORT GROUPS:

All support groups are free, no registration required, and are open to all adults.

Second Tuesday of each month: Pepperell Senior Center and Shirley Library

Third Tuesday of each month: Lunenburg Senior Center and Townsend Senior Center

Third Thursday of each month: Harvard Senior Center and Littleton Library

First & Third Thursday EVENING of each month:
Shirley Library

**For times and more information please contact:
Karen Campbell: 1-800-698-3307 x 320**

NEED MEDICAL EQUIPMENT?

Your COA has equipment available for you to borrow at no cost: Wheelchairs, Walkers, Canes, Chairs, Tub Stools, Bed Assist Handles, and more! Contact the COA office to confirm the item you need is available: 978-386-2424, ext 27

ALSO...

Equipment is a medical equipment re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults, children and elders living in Massachusetts. Visit www.dmerequipment.org to search available equipment and for more information or call: 508-713-9690

HUNGRY?

The First Baptist Church of West Townsend holds a free Community Supper every fourth Wednesday of the month from 5:00 to 7:00 . The super 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

HAVE HEALTH QUESTIONS?

Ashby has a town nurse!

Tamara Bedard, RN

Phone: 978-772-3335 ext. 340

Email: tamarabedard@nashoba.org



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 Sylvia
(800) 734-7312
Meets Thursdays 5:30 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.ashbycongregationalchurch.org

ASHBY FIRST PARISH CHURCH

(978) 386-5660
www.ashbyuu.org

SANCTUARY

(978) 906-5081
www.sanctuaryashby.org

Programs -

CHAT AND CHEW **Wednesdays, 9:00 am** **873 Café**

Seniors receive a 10% discount every Wednesday! Meet up with other seniors in town to chew the fat and the food!

YOGA at the TOWN HALL:

\$5 per session for Ashby Residents over 60
(fee will be waived for those unable to pay)

Tuesdays 5:00pm - Slow Yoga

Sundays 8:30am - Gentle Yoga

Sponsored by Ashby Council On Aging.
All ages over 18 welcome.

FREE FUN FRIDAYS!

Fun Free Fridays offer visitors FREE admission to many of the most treasured cultural venues in Massachusetts.

ADMISSION IS FREE TO THESE VENUES ON FRIDAY, JUNE 29th:

Lyric Stage Company of Boston

MIT Museum (Cambridge)

Berkshire Theatre Group (Stockbridge)

Nantucket Whaling Museum

The Mount: Edith Wharton's Home (Lenox)

Concord Museum

Worcester Art Museum

Clark Art Institute (Williamstown)

Children's Museum in Easton

Edward Gorey House (Yarmouth Port)

For more information on Free Fun Fridays, and for a full schedule of Free Fridays through August, visit:
www.highlandstreet.org

TOWNSEND SENIOR CENTER EVENTS:

Please call Townsend Senior Center at 978-597-1710 for more information and to register for all events.

Dance to Swing! - June 6th

Townsend Library Book Sale - June 8 & 9

Bus Trip to Kimball's - June 15th

Estate Sale Planning - June 20th

Shingles Information Session & Shot - June 14th

Needlefelting Cupcakes - June 28th

FITCHBURG ART MUSEUM PRESENTS:

HIDDEN TREASURES

Program for Adults with Alzheimer's & their care givers

A specialized art appreciation program for individuals with early to middle stage Alzheimer's disease or a related dementia and their caregivers. Developed by the Fitchburg Art Museum in collaboration with Life Care Centers of America, The Highlands, Hidden Treasures is an adapted art education program designed to promote failure-free learning and interaction through discussions of selected works of art. Specially trained museum education staff and docents will use Alzheimer's-friendly communication techniques to encourage participants to express feeling and thoughts. Each session will have a general theme. Some sessions will include hands-on art-making or music.

Thursday, June 8th 1:00pm - 3:00pm

Hidden Treasures is **free**, but participants must pre-register with the Fitchburg Art Museum by calling:
978-345-4207

HOME MODIFICATION LOAN PROGRAM

If you or a household member is disabled or an elder, the Home Modification Loan Program can provide a loan so you can make needed adaptations or modifications to your home. Call the COA office for help applying to the program. 978-386-2424, ext 27

SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM

This program allows Ashby homeowners, age 65+ to reduce property taxes by up to \$600 per year by working for the Town of Ashby.

- Applicant must meet eligibility requirements, must have appropriate skills and physical ability for position, and the Applicant and Department Head must both agree the job is an appropriate match;
- Job Opportunities are based on individual department needs;
- Stop by the Assessors office at Town Hall for an Application!

FUEL ASSISTANCE PROGRAM

Fuel assistance for eligible renters and homeowners is available from the New England Farm Workers' Council. To apply, or to complete your re-certification, please contact the Ashby COA OR contact the **New England Farm Workers' Council at 978-342-4520 or Good Neighbor Energy Fund at 800-334-3047 .**

Events -

THE ASHBY HISTORICAL SOCIETY OPEN HOUSE

JUNE 9TH 10:00 - 2:00

AT THE OLD ENGINE HOUSE
(846 MAIN ST., ASHBY)

DANCE TO SWING!

Wednesday, June 6th, 3:00 pm
Townsend Senior Center

Whether you're a pro or just want to watch, come out swingin'! Enjoy some dancing, a lesson, music, and fun! All experience levels welcome!



CRAFTS & COCKTAILS LADIES CLUB TOWNSEND VFW ~ June 18th

6:30 - 8:00

Craft: 4th Of July - Ribbon Flag (\$15)

Please r.s.v.p. to
EventfulPartyPlanners22@gmail.com
or call the Townsend VFW: (978) 597-5644



Thursday, June 21 at 7:00 pm;

Friday, June 22 at 7:00 pm

Saturday, June 23 at 2:00 pm AND 7:00 pm.

Peter Fitzpatrick Building in Pepperell, MA

Tickets available at the door (prices tbd)

A musical with music and lyrics by Stephen Sondheim and book by James Lapine. The musical intertwines the plots of several Brothers Grimm and Charles Perrault fairy tales, exploring the consequences of the characters' wishes and quests.

Fitchburg Rod & Gun Club

Memberships Day Open House!

Saturday, June 16th

For more information contact the Fitchburg Rod & Gun Club: (978) 386-5352



THE ASHBY PUBLIC LIBRARY SUMMER READING PROGRAM STARTS JUNE 27TH!

Prizes for kids, teens, and adults!

For more info, stop by the library:

LIBRARY HOURS:

Tuesday: 10 am - 5 pm
Wednesday: 1pm - 8 pm
Thursday: 1pm - 8 pm
Saturday: 9:30 am - 1:30



Fitchburg Farmers Market JUNE 7th at the Fitchburg Art Museum 3:00 - 7:00 pm

Please join us for the Fitchburg Farmers' Market where you can shop local and support our local economy. Fitchburg Art Museum galleries will be FREE to the public and are ready to take you through time and around the world!



**JUNE 9th
10am to 3pm
Free Admission**

The Lunenburg Arts Festival will take place in the center of Lunenburg on Memorial Drive (Closed to traffic). Parking is available at the high school. For more info visit: www.lunenbergartsfestival.com

Winchendon Music Festival

A music series featuring a variety of chamber programs, international solo artists and chamber artists!
All programs start at 7:00 at the Old Centre Church (First Congregational Church of Winchendon)
10 Old Centre, Winchendon, MA 01475

- June 1: Andrew Arceci & WMF artists (classical)
- June 2: Anne Azéma, voice, hurdy-gurdy, harp, & organetto | Director, The Boston Camerata (classical)
- June 3: John Arcaro & Band (jazz)
- June 22: Muscari (world)
- June 23: Floyds Row (folk/world)
- June 24: John Arcaro & Band (jazz)



Concerts are free to the public. For more information contact: winchendonmusicfestival@gmail.com

Good to know!

SPECIAL TOWN MEETING - JUNE 26th

Ashby Elementary School 12:00 - 7:30 pm

The Special Town Meeting will have 3 items on the ballot:

- A new ambulance;
- Construction plans for a new Public Safety Building; and
 - Painting and repairs to the Town Hall

ABSENTEE BALLOTS ARE AVAILABLE!

If you are physically unable to get out to the polls on election day, or are going to be out of town, you can still vote! To request an 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.

ASHBY FIRE DEPT.

OPEN HOUSE



JUNE 9th

10:00 ~ 2:00

Stop by the station for fire prevention information, demonstrations, and activities. Plus, find out about becoming a volunteer Fire Fighter or Explorer, EMT, or Firefighter!



JUNE 2018 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p><i>Know of an event that should be on the next calendar? Give the COA a call: 978-386-2424 ext. 27</i></p>					<p>1 NMRHS Graduation Ceremony 6:00 - 8:00 FSU</p>	<p>2 Italian Festival Main Street Fitchburg 5:00 - 11:00 pm</p>
<p>3</p>	<p>4 3rd District Debate (Democrat Candidates) Devens Commerce Center 31 Andrews Parkway, Devens 10:00 am (Free & Open to the Public)</p>	<p>5 Widowhood Seminar Townsend Senior Center 10:00 am</p>	<p>6 Ashby COA Open 9 - 12:00 Chat & Chew 873 Café 9:00 Dance to Swing Townsend Senior Center 3:00</p>	<p>7 Fitchburg Farmers Market FAM 3:00 - 7:00</p>	<p>8 Townsend Library Book Sale at the Senior Center Hidden Treasures FAM 1:00 - 3:00</p>	<p>9 Ashby Historical Society Open House 10:00 - 2:00 Ashby Fire Dept. Open House 10:00 - 2:00 Lunenburg Arts Festival 10:00 - 3:00 Townsend Library Book Sale at the Senior Center</p>
<p>10 5K Run and Walk Boys & Girls Club of Fitchburg and Leominster 365 Lindell Ave Leominster 10:30</p>	<p>11</p>	<p>12 Heart Healthy Ways to Wellness ; Townsend Senior Center 11:00</p>	<p>13 Ashby COA Open 9 - 12:00 COA Meeting Town Hall; 3:30 Chat & Chew 873 Café; 9:00 Housing Production Plan Meeting; Town Hall (after the BOS meeting) 7:30</p>	<p>14 Shingles Info Session & Shot Townsend Senior Center 1:00 </p>	<p>15 Trip to Kimballs Townsend Senior Center 10:30 Theatre At The Mount Presents: "The 39 Steps" 8:00 pm</p>	<p>16 Fitchburg Rod & Gun Club Open House Theatre At The Mount Presents: "The 39 Steps" 8:00 pm</p>
<p>17 </p>	<p>18 Crafts & Cocktails Townsend VFW 6:30 - 8:00 Flower Pot Decorating Townsend Senior Center 1:00 pm</p>	<p>19</p>	<p>20 Ashby COA Open 9 - 12:00 Chat & Chew 873 Café 9:00 Estate Sale Planning Townsend Senior Center; 6:30 pm</p>	<p>21 Into the Woods Musical Pepperell 7:00 Technology Thursday Townsend Senior Center 11:00 am</p>	<p>22 Into the Woods Musical Pepperell 7:00 Theatre At The Mount Presents: "The 39 Steps" 8:00 pm</p>	<p>23 Into the Woods Musical Pepperell 2:00 & 7:00 Antique Bike Sale & Swap River Styx Brewery, 166 Boulder Dr. Fitchburg 7:00 - 12:00</p>
<p>24 Theatre At The Mount Presents: "The 39 Steps" 2:00</p>	<p>25</p>	<p>26 SPECIAL TOWN ELECTION Ashby Elementary 12:00 - 7:30</p>	<p>27 Ashby COA Open 9 - 12:00 VOLUNTEER at the COA! 1:00 Summer Reading Kickoff! Ashby Library Free Supper First Baptist Church of West Towns 5:00 pm</p>	<p>28 Needlefelting Cupcakes Townsend Senior Center 10:00 Healthy Cooking for One Townsen Senior Center 11:00</p>	<p>29 Free Fun Friday See page 4 for all locations.</p>	<p>30 Nashua River Brewers Fest Riverfront Park 51 Commercial Fitchburg 1:00 - 6:00</p>



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

Pick up a copy of the Senior Scoop at the following locations:

- **Ashby Town Hall**
- **Ashby Public Library**
- **873 Café**
- **Fitchburg Rod & Gun Club**
- **Ashby Market**

Also viewable on the Ashby town website at:

www.ci.ashby.ma.us