



SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING November 2017

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

Marcia Zaniboni Director

OFFICE HOURS

Tuesdays 10:00am - noon
or by appointment
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

Nov 8 Bronze Bell
Nov 8 COA meeting
Nov 15 Holiday Stress

The newsletter **will** be mailed for December. It also will be distributed throughout town. And you can always view it on the Town website at <http://ci.ashby.ma.us/coa/>

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

Nancy Catalini, *Acting Chair*
Linda Stacy
Jann Grutchfield
Leslie Anderson
Jo Helander

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 by appointment

Thursday, Nov 9

Don't Wait Until It's Too Late!

Open Enrollment Appointments will begin in mid October.

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make.

Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

FLU CLINIC

Thursday, October 28

2:00 - 6:00 pm

Ashby Library

The hours for the flu clinic have changed this year. They also will have the high dose this year for those who need it. Bring your insurance card(s) with you

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.

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!

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 can also call **New England Farm Workers' Council at 978-342-4520** or **Good Neighbor Energy Fund at 800-334-3047**.

We expect to receive applications at the end of the month.



Things To Do

Mondays

Look for special programs scheduled throughout the year.

Tuesdays

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

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

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

Evening Yoga class at Town Hall. 5:00 pm \$5 per class

Wednesdays

Breakfast at 873 Café at 9:00. Once a month, usually on the first Wednesday, there is a speaker on topics of interest to you. Seniors will receive a 10% discount.

Come play **Scrabble** at the Library at 1:30.

On the second Wednesday the COA holds its meeting at 3:30

Monthly craft at Town Hall.

Thursdays

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

One Thursday a month (usually the 4th week) there is a free lunch at Rivercourt Residences for the first 20 Ashby seniors who sign up.

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

Sundays

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

Focus on simple yoga postures and routines.

Special Programs

FALL CENTERPIECE with The Bronze Bell Wednesday, November 8

Dixie returns with an array of fall flowers just in time for your Thanksgiving table! Please let us know if you are interested so she can order flowers for you. There is no charge for this program.



MONTHLY LUNCH AT RIVERCOURT RESIDENCES

**Thursday, November 30,
11:45am**

Rivercourt Residences treats Ashby seniors who sign up, to a delicious lunch each month at their facility in West Groton. They can even send their van to pick us up, if transportation is needed. Otherwise, we meet at Town Hall and carpool. It is required that you sign up by the Monday before by calling the COA and leaving your name and number. This will be our last lunch until spring, so don't miss out!

CHAT AND CHEW

**Wednesdays at 873 Café
9:00 Breakfast followed by
Speaker at 9:30**

**Getting Through the Holidays
Kathy Benson, MSW, LICSW,
Nashoba Nursing and Hospice**

We know that the holidays are the easiest time for many people. We have asked Kathy to come speak with you about the emotional challenges of the season and offer some tips on making them better.

SCRABBLE

Wednesdays, 1:30

At the Ashby Free Library

We finally have Scrabble players available to play every week, but would love to have a couple more. All levels welcome!

A PLACE TO MEET

More and more we hear that seniors in Ashby want a place to go where they can relax with friends, have a cup of coffee, chat, get some information, and maybe play some cards or take a class.

The Ashby COA is dedicated to help our seniors reach their goals and are discussing how to make that work. Please come to our meetings and get involved.

More Information

HOLIDAY TIME

Tucked between the two monster sized holidays of Halloween and Christmas, Thanksgiving receives far less attention. But Thanksgiving is a very important holiday, especially in the busy lives of Americans. It is a time to kick back and relax, watch a football game or go to a movie, and enjoy a huge feast. It's also time for us to give thanks to our God, for the things he has bestowed upon us and upon this great nation. There is no nation in the world that has more to be thankful for than us.

Thanksgiving History:

The first Thanksgiving was celebrated between the Pilgrims and the Indians in 1621. That first feast was a three day affair. Life for the early settlers was difficult. The fall harvest was time for celebration. It was also a time of prayer, thanking God for a good crop. The Pilgrims and the Indians created a huge feast including a wide variety of animals and fowl, as well as fruits and vegetables from the fall harvest. This early celebration was the start of today's holiday celebration. Like then, we celebrate with a huge feast.

Today, most of us enjoy Turkey with "all the trimming". The "trimming" include a wide variety of foods that are a tradition for your family. Those traditional foods often replicate the foods at the first Thanksgiving feast. While others, are traditional ethnic or religious groups recipe, or a special food item that your family always serves at Thanksgiving dinner. Then, to top it off, pumpkin pies, apple pies, an even mince meat pies are bountiful around the table.

American Thanksgiving traditions revolve around a huge and lavish meal, usually with Turkey as the centerpiece. For those who do not like Turkey, a Roast or Prime Rib is common. As tradition has it in most families, a special prayer of thanks precedes the meal. In many homes, family members will each mention something they are very thankful for.

Did you know? Potatoes were not part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.

After the first Thanksgiving, the observance was sporadic and almost forgotten until the early 1800's. It was usually celebrated in late September or October. In 1941, Congress made it a national holiday and set the date as the fourth Thursday in November.

FROM: <http://www.holidayinsights.com/tday/>

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
- File of Life



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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ASHBY COA

Needs new members

**Please come to our next meeting on
November 8th at 3:30 to see what is all about.**

Or call 9780386-2424 x27