



SENIOR SCOOP

· NOVEMBER 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 OFFICERS:

Nancy Catalini, *Chair*

Jo Helander, *Vice Chair & Treasurer*

Nadine Callahan, *Secretary*

Linda Stacy

Linda Mikkola

Council on Aging Meetings: The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm 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:

See inside for details and more events.

NOV. 4th - DAYLIGHT SAVINGS ENDS

NOV. 6th - ELECTION DAY

NOV. 12th - VETERANS DAY

NOV. 14th - COA MEETING

**NOV. 15th - SCAMS INFO SESSION @ 6:00
ASHBY LEGION HALL**

NOV. 18th - ASHBY LEGION MEAT RAFFLE

NOV. 22nd - THANKSGIVING

NOV. 28th - VOLUNTEER AT THE COA

**NOV. 30th - CRAFT CLUB @ 2:00 ASHBY
LEGION HALL**

**DEC. 2nd - ASHBY CHRISTMAS TREE
LIGHTING @ 4:00 TOWN
COMMON**

**DEC. 8th - SENIOR CHRISTMAS DINNER at
the ASHBY LEGION HALL 1:30**

INTERESTED IN JOINING THE COA? COME TO A MEETING!

The Ashby COA currently has two open member positions that need to be filled in order for your COA to be best effective.

Please join us at our next meeting to learn more:

Nov. 14th at 3:30 Town Hall, 3rd Floor

COA DIRECTOR: Corey Harju

Phone: 978-386-2424 (ext. 27)

Email: coa@ashbyma.gov

Facebook: @AshbyMACOA

Office Hours: Wednesdays 9 - 12:00 or By Appointment

From the Director:

Dear Ashby,

Ask and you shall receive! Since my first day as Ashby's COA Director, a consistent request I've received from seniors has been for informative and substantive programs on topics that are important to you. The COA and I have heard your requests and we are kicking off a monthly speaker series this November 15th at the Ashby Legion Hall on scams. Presenters will be the Middlesex County Sheriff's Office and the Ashby Police Department (more details are on the next page).

We decided to start with scams because many of us in Ashby have experienced a scam or know someone who has been the victim of a scam. So many of us are now receiving calls that appear to be from an Ashby phone number but are actually telemarketers, and with the recent Unitil scam in our area, we thought the sooner we learn about this topic the better. We hope you will all come out to meet the Sheriff's Office, learn more about scams, and talk to your COA and Ashby Police Department.

I am in the process of contacting presenters on various topics that we believe are of interest to you. Please feel free to let us know of any topics you would like to learn more about or presenters that you would be interested in hearing from by contacting the COA or coming to a meeting. Keep an eye out for topics, dates, and times here in the Scoop!

Have a wonderful Thanksgiving & take care of each other.

All the best,

Corey Harju (Your COA Director)



Please join the COA for an informative session

**Middlesex County Sheriff's Office
& the Ashby Police Department present:**

SCAMS

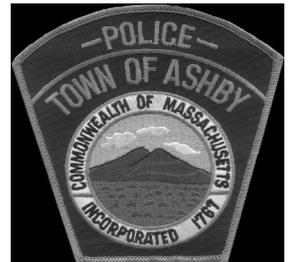
THURSDAY, NOVEMBER 15Th ~ 6:00 - 7:00 pm

At the Ashby Legion Hall

The presentation will cover:

- An overview of the role of our County Sheriff's Office & what the Sheriff's office can do for you
- Current scams in our area
- What to look out for
- How to protect yourself and loved ones
- What to do if you if it happens to you
- Time for questions & discussion

Light refreshments will be served. All residents are invited to attend.



Join your COA for:

CRAFT CLUB

Friday, November 30th

2:00 pm @ the Ashby Legion Hall

November's craft will be a holiday wreath. We will offer tons of different crafts supplies to choose from so you can make a special wreath that suits you this holiday season! Professional crafters will be there to assist you with tips & ideas. All supplies are provided.

Light refreshments will be served.

Come get your craft on and have some fun!!!

**Register with Corey at the COA by 11/21
\$20 per person due at time of registration.**



**WINTER IS COMING...
SIGN UP NOW FOR
SAND DELIVERY!**

Contact the Ashby COA to be added to the **Senior Sand Delivery List:**
978-386-2424 ext. 27



**MEDICARE OPEN
ENROLLMENT IS
NOW.**

Contact the COA to schedule a counseling appointment:
978-386-2424 ext 27

Open Enrollment

			
Enrollment Period October 15th - December 7th			Coverage Begins January 1st

VOLUNTEERS NEEDED!
WEDNESDAY, NOV. 28th
1:00 pm in the COA Office at
Ashby Town Hall Your COA
 needs volunteers to help get
 our next newsletter ready for
 mailing.

TIME TO VOTE!

The Massachusetts State Election is Tuesday,
November 6th Polls are open 7am to 8pm at Ashby
Elementary School

ABSENTEE BALLOTS are available for the State Election. 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 process is simple! Request an application for yourself or a relative by calling 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.

EARLY VOTING FOR THE STATE ELECTION WILL BE AVAILABLE TO ALL MASSACHUSETTS VOTERS. No reason is required. You may cast your early ballot in person at the Town Clerk's office October 22 through November 1st: Monday-Friday 8am-12pm and Wednesday evenings 5-8pm October 22 through November 1.

Seniors needing a ride to the polls can contact Evie Gleckel at 978-386-5394 to schedule a ride time. If there is no answer, please leave a message with your name, phone number and a time you would like to vote.

Ashby P.D. Tip of the Month:

PERSONAL SAFETY TIPS REGARDING YOUR HOME AND VEHICLE:

- Make sure all exterior doors and windows are secured.
- If you will be returning after dark, have an interior light set on a timer so when you come home there will be a light on in your home.
- Don't leave notes on your door when you're not home.
- Never leave a house key under the doormat, in a flowerpot, or on the ledge of the door.
- Garage doors should always be kept closed and locked—even if you are home.
- If you have a garage, use it. Lock your car and make sure your garage is secured.
- If you have to park in your driveway, don't leave your garage remote control in plain view and lock your car.
- Don't leave valuables or packages inside your parked car where they can be seen.

If you have any questions or concerns please contact the Ashby Police Department at 978-386-5652

Services -



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 councilor is available the first Thursday of each month for appointments.

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**

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

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.org

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

SANCTUARY

(978) 906-5081

www.sanctuaryashby.org

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

Emergencies can happen any time. Be prepared! Keep all your medical info in one place right on your fridge! Its easy and its free! Contact the COA or Ashby Fire Dept. today!

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF MO. YR.	
Name:	RF
Address:	
Doctor:	Phone #:
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:

Programs & Events -

TOWNSEND SENIOR CENTER EVENTS:

Rug Hooking: Monday, Nov. 5 th

Nashoba Tech Lunch: Tuesday, Nov. 6 th

Flu Clinic: Wednesday, Nov. 7 th

Understanding Medicare: Wednesday, Nov. 7

Coping with Grief During the Holidays:
Tuesday, Nov. 13 th

Fire Safety: Thursday, Nov. 15 th

Thanksgiving: The Center will be closed on Thursday and Friday, November 22 & 23, for the holiday.

Please call the Townsend Senior Center for more information and to register :

978-597-1710

FITCHBURG SENIOR CENTER EVENTS:

Monthly Free Senior Breakfast
3rd Wednesday of the month at 9:00 am

Nov. 3rd: Foxwoods Casino Trip - Includes transportation, free buffet OR \$10 food voucher & \$15 Bonus Slot Play. Cost \$37 per person.

Nov. 30th - Holiday Craft & Bake Sale - Tons of vendors. 9 - 3:00 pm

Dec. 8th: Kennebunkport Christmas Prelude & lunch at Warren's Lobster House. Cost \$72 per person.

Please call the Fitchburg Senior Center for more information and to register:

978-829-1790

ASHBY FIRE & EMS

FREE SMOKE DETECTOR CHECK-UP & REPLACEMENT PROGRAM

Contact the Ashby Fire Station to schedule an in-home check-up:

978-386-5522 (Mon - Fri, 7:00 to 5:00 pm)

ASHBY LEGION POST 361

MEAT RAFFLE

SUNDAY, NOV. 18, 2018 @ 1:30

(Beef, Chicken, Seafood & More !!)

Contact the Ashby Legion for more info:

(978) 386-7977 (Public Welcome)

FORT DEVENS MUSEUM

FOR THOSE WHO TRAINED, WORKED, AND LIVED HERE

Annual Veterans Day Open House

Saturday, Nov. 10th 10:00 AM to 4:00 PM

Free admissions; donations appreciated

Guest Speakers & New Exhibits

Schedule:

10 AM-4 PM: Museum exhibits open

11:00 AM: Happy Birthday, Marines! An illustrated talk about the history of the Marines from 1917 to 1937.

12:30 PM: WWI Soldiers of Worcester

2:00 PM: Lawrence of Arabia and the Arab Revolt in WWI

FORT DEVENS MUSEUM • 94 JACKSON ROAD #30 DEVENS, MA

Contact for more info: **978-772-1286**

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**

SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM

This program allows Ashby homeowners, age 65+ to reduce property taxes by working for the Town of Ashby. Stop by the Assessors office at Town Hall for an Application!

Wednesdays at the 873 Café is Senior Discount Day!

Seniors receive a 10% discount every Wednesday!

HAVE HEALTH QUESTIONS?

Ashby has a town nurse ready to help & answer your questions!

Tamara Bedard, RN

Phone: 978-772-3335 ext. 340

tamarabedard@nashoba.org

NOVEMBER 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>Know of an event that should be included in the next calendar? Let us know! Give the COA a call: 978-386-2424 ext. 27, email: coa@ashbyma.gov, or message us on Facebook: @AshbyMACOA</p>				<p>1 Cookbook Club Ashby Library 6:30 pm</p>	<p>2</p>	<p>3 Harvest Dinner Dance at Saima Park 6:00 pm</p>
<p>4 Daylight Savings Ends</p>	<p>5 Rug Hooking Townsend Senior Center</p>	<p>6 ELECTION DAY Nashoba Tech Lunch with Townsend Senior Center</p>	<p>7 COA Office Open 9:00 - 12:00 BOWLING CLUB Putnam Street Fitchburg Flu Clinic: Townsend Senior Center</p>	<p>8 Drop Stitch Club Ashby Library 6:30</p>	<p>9</p>	<p>10 TRANSFER STATION OPEN 9:00 to 1:00 Fort Devens Museum Open House 10 - 4:00 pm</p>
<p>11 VETERANS DAY </p>	<p>12 Veterans Day Observed</p>	<p>13 Coping with Grief During the Holidays: Townsend Senior Center</p>	<p>14 COA Office Open 9:00 - 12:00 COA MEETING 3:30 TOWN HALL Adult Book Club Ashby Library 6:30 pm</p>	<p>15 COA - SCAMS INFO SESSION @ 6:00 ASHBY LEGION HALL</p>	<p>16</p>	<p>17</p>
<p>18 ASHBY LEGION MEAT RAFFLE 1:30</p>	<p>19</p>	<p>20</p>	<p>21 COA Office Open 9:00 - 12:00 Free Senior Breakfast at the Fitchburg Senior Center</p>	<p>22 HAPPY THANKSGIVING </p>	<p>23</p>	<p>24 TRANSFER STATION OPEN 9:00 to 1:00</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28 COA Office Open 9:00 - 12:00 VOLUNTEER AT THE COA Town Hall 1:00</p>	<p>29</p>	<p>30 COA CRAFT CLUB 2:00 ASHBY LEGION HALL</p>	

To Ashby's Seniors:

In celebration of your contributions to our community, the
Officers & Staff of

Ashby American Legion Post 361
request the honor of your presence for the

ANNUAL CHRISTMAS HOLIDAY DINNER

SATURDAY, DECEMBER 8th, 2018

1:30 pm at the Legion Post Hall

Please R.S.V.P. by completing the form below by November 29th

Mail to or drop the form at:

Ashby American Legion

PO Box 234

Ashby, MA 01431

~ R.S.V.P. ~

Name: _____

Address: _____

Phone: _____

Number attending (1 or 2) _____

*Unable to attend - please deliver _____ meals to my
address.*



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

Return Service Requested

PRESORTED
STANDARD
U. S. POSTAGE
PAID
ASHBY, MASS. 01431
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THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

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