



SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

Winter 2017

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

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

Jan 11 SHINE

Feb 8 Cupcake Party

The next newsletter will be for March and **will** be mailed in. 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 Medicare plan for you. He will be here on the second Wednesday of the month from 11-2. 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 Fund at 800-334-3047**

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

Things To Do

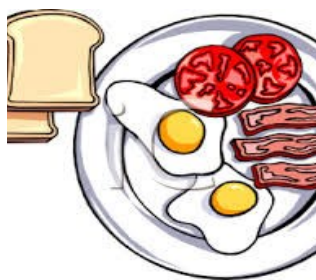
Cupcake Decorating Party **Wednesday, February 8** **Snow Date Friday, February 10**



Would you like to make amazing cupcakes without the mess? Countryside Cupcakes is bringing everything from fresh baked cupcakes to embellishments that you will need to make beautiful and delicious cupcakes to bring home. And it will only cost \$5! We do need you to sign up to be sure we have enough supplies. Call 978-386-2424 x27 and leave a message.

CHAT AND CHEW **Wednesdays** **at 873 Café** **9:00 Breakfast**

On **January 11** and **February 8** we will have Town employees at breakfast to discuss what is happening in Ashby.



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. 5:00 \$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.

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

More Assistance

NEW HOUSING REHAB AND FUEL ASSISTANCE PROGRAM

A 15-year, deferred payment and interest free loan - decreasing 5%/year. If you continue to live in and own your home for 15 years, you owe nothing! The intention of this program is to assist low and moderate income residents to improve their housing situation. Examples of eligible improvements include: Repair or replacement of roofs, windows, doors; Upgrade to heating, plumbing and electrical systems; Structural repairs; Repair or replacement of septic systems; Addressing energy efficiency issues.

As long as you own your home, this is an interest free loan, based on a 15 year forgiveness schedule. It decreases 5% per year up to 15 years and then you owe nothing.

Funds for Ashbu are limited to no more than 5 households for Housing Rehab assistance and no more than 18 households for fuel assistance.

How to Apply:

Applications are accepted in person or by mail at the Town Clerk's Office, 895 Main St. Ashby, MA 01431 or MRPC, 1427 R Water Street, Fitchburg, MA 01420.

Income information is confidential and will only be viewed by MRPC staff, who will determine eligibility. Income guidelines vary depending on household size. The property must be located in Ashby and be occupied primarily by households that meet the income guidelines. Please note that Household Size includes all persons living in the home or owner occupied apartment unit. The income limits include all income earned by household members.

The fuel assistance program is lot simpler. The homeowner, if eligible for LIHEAP through the Farm Workers Council, uses that benefit first. Then they may also use this additional benefit, which runs through September of next year, long after the LIHEAP benefit ends. You don't need to schedule an intake for fuel assistance, that application can be done over the phone and by mail. Fuels covered are oil and propane.

You can call MRPC at 978-345-7376 for more information. The COA also has brochures and income guidelines.

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



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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SAND-4-SENIORS

This year, we are in need of a few volunteers who are ready to deliver a 5 gallon bucket filled with sand to those who are unable to get it on their own. We have the buckets and you can get the sand from the town.

If you are in need of the sand, please call the office and leave your information so we can get it to your home.

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