



THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

· APRIL 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 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

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

Dates to Remember:

April 5th—AES Benefit Volleyball Match

April 7th - Musician Tom O'Connell @ the Ashby Library

April 11th - Next COA Meeting

April 12th - Indigenous Landscapes @ the Ashby Library

April 14th - Boy Scout Spaghetti Supper @ Ashby Legion

April 18th - Chat & Chew with the COA Director, Corey Harju

April 19th— Magic Show @ the library

April 23rd - Town Election

April 26th— Cover Crop Workshop @ the Ashby Library

April 27th— FAM Art in Bloom Senior Day

May 5th - Annual Town Meeting

See inside for details...

COA DIRECTOR

Corey Harju

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

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. There is an elevator on the back of the building for easy access.

From the Director -

Dear Ashby,

Spring is coming! As a gardener, this time of year fills me with an excited anticipation, and a nagging impatience. I'm ready to get outside and get to work in the garden - dig in the dirt, plant some seeds, and watch them grow. I would be writing this outside if it weren't for the 2 feet of frozen snow covering the patio furniture. If Mother Nature has a heart, by the time you're reading this, April showers are hopefully doing their job - washing the away the remains of winter, uncovering the crocuses and daffodils, and warming the ground enough for me to plant some snow peas.

Like my anticipation for spring yardwork, I'm ready to roll up my sleeves and get to work as Ashby's new Council on Aging Director. Over the past 8 weeks, I've been working with the COA Board of Directors, I've met with many of our town officials, and I've attended training by the Massachusetts Office of Elder Affairs, all in an effort to achieve the COA's mission: to enhance the quality of the lives of Ashby's senior residents. The standard of this quality is determined by...(Cont. page 2)



From the Director continued...

(Cont. from page 1)...

each of us and so the COA needs all of Ashby to participate in the discussion on needs of seniors now and in the future.

During these last days of winter, as we all picture what this summer's flower beds and veggie gardens will look like, take a moment to imagine what your summers in Ashby will look like 20, 30, or 40 years from now. What services will you need and want? Participate in planting the seeds of our future Ashby by coming to a COA meeting, sending us an email, giving us a call, or simply stop by the COA office.

*Take care of each other out there.
Your COA Director,
Corey E. Harju*



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 the month 6 p.m.

WIDOWHOOD SUPPORT

Montachusett Home Care Corp.
Facilitator: Peter Sylvia
(800) 734-7312
Meets Thursdays 5:30 p.m.

Resources

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 if you would like to receive Meals on Wheels.

MEDICARE ADVOCACY PROJECT (MAP)

The MAP Project provides advice, guidance, and free legal representation to Massachusetts elders and persons with disabilities who are trying to obtain Medicare and quality health care. For help with any roadblocks to obtaining adequate healthcare coverage, please call: **Community Legal Aid Worcester**

(508) 752-3718

405 Main Street, 4th floor
Worcester, MA 01608

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. To apply and schedule use please call:

Jennifer Collins

**Monday through Thursday at
386-2501, ext. 11**

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

Medical emergencies cause confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds can make the difference between life and death. File of Life puts answers at fingertips. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR. Sex: M F

Name: Address: Phone #:

Doctor: Preferred Hospital: Phone #:

EMERGENCY CONTACTS

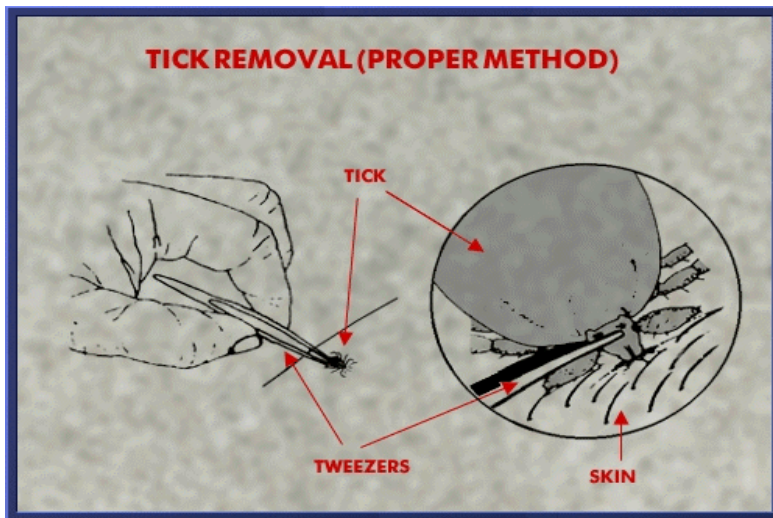
Name: Address: Phone #:

Name: Address: Phone #:

A Message From The Town Nurse:

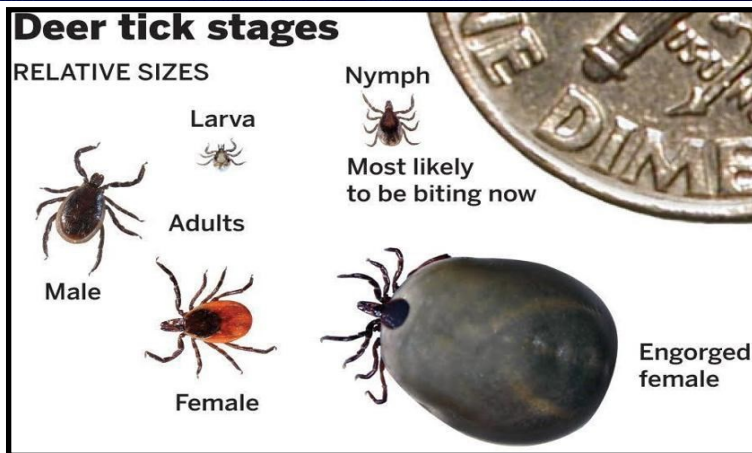
Happy Spring, everyone! I'm hoping we are leaving this tough flu & 'sick' season behind to enjoy the sunshine and fresh air. A friendly reminder from your neighborhood nurses: Help us spread the word that we are entering peak tick season, and it is so important that everyone protect themselves with insect repellents and prompt tick checks after celebrating the great outdoors and the warmer weather of Spring. Wishing you health & happiness. Please feel free to contact me with any questions or concerns.

Warm regards, **Tamara Bedard, RN (978-772-3335 Ext.340)**



HOW TO REMOVE A TICK:

- ☐ Wash hands.
- ☐ Using clean tweezers, grasp the tick mouthparts as close to the skin as possible. (Do not grasp, squeeze or twist the body of the tick as this may spread infected body fluids. Do not burn or use ANY substance on the tick.)
- ☐ Pull tick straight out.
- ☐ Use antiseptic on skin.
- ☐ Wash hands thoroughly.



The SHINE Program provides FREE, unbiased, health insurance counseling to all Mass residents with Medicare, their caregivers, and those approaching Medicare eligibility.



MEDICARE WILL BE ISSUING NEW MEDICARE CARDS

Between April of 2018 and April of 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. **PLEASE be-aware of anyone who contacts you about your new Medicare card. Medicare will not ask you for personal or private information to get your new Medicare number and card.** s

For more information on the SHINE program, or to meet with a counselor, contact the Ashby COA at 978-386-2424, ext 27.

Ongoing Programs -

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. Modifications can help you remain in your home and live more independently. This state funded loan program can help you live independently at home by providing 0% and 3% interest loans. This is a great way to have ramps, stair lift and kitchen and bath adaptations done.

Call the COA office for help applying to the program.

FUEL ASSISTANCE PROGRAM

Fuel assistance for eligible renters and homeowners is available from the New England Farm Workers' Counsel. 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 .**

SAND DELIVERY!

**Unable to get to the town shed for sand?
Contact the Ashby COA to be added to the
Senior Sand Delivery List:
978-386-2424 ext. 27 or email
COA@ashbyma.gov**

Don't slip and fall, just give us a call!

BENEFITS CHECK-UP

Go to: **www.benefitscheckup.org** to quickly find federal, state and private benefit programs available to help you save money on prescriptions, health care, meals, utilities, taxes, and more. ***A Free Service of the National Council on Aging***)

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;
- More info can be found on the Ashby Town Website or contact the Board of Assessors (978) 386-2427 x 15 .

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

Things To Do -

SUNDAYS

Gentle Yoga , 8:30 a.m. Ashby Town Hall

TUESDAYS

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

Slow Yoga at Town Hall 5:00 pm \$5.00 per class.

WEDNESDAYS

COA office is open 9:00 am - 12:00 pm

Chat & Chew at the 873 Café, 9:00. Seniors will receive a 10% discount. (*Stay tuned for our upcoming speaker series at the Chat & Chew.*)

COA Meeting, 2nd Wednesday of each month, 3:30 p.m. at Town Hall

Adult Book Club , 2nd Wednesday of each month, 6:30 p.m., at the Ashby Free Public Library

THURSDAYS

SHINE counseling sessions, 1st Thursday of each month, (please make appointment by contacting the Ashby COA)

Drop Stitch Knitting Club , 2nd & 4th Thursdays of the month, 6:30 p.m., at the Ashby Free Public Library

Cookbook Club, 1st Thursday of each month, 6:30 p.m., at the Ashby Free Public Library

YOGA at the TOWN HALL:

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

Tuesdays 8:30am - Chair Yoga

Tuesdays 5:00pm - Slow Yoga

Sundays 8:30am - Gentle Yoga

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

CHAT AND CHEW

Every Wednesday, 9:00 am
873 Café

Seniors receive a 10% discount!

Wednesday, April 18th, 9:00
873 Café:

Chat & Chew with the new
Director of the COA, Corey Harju



Looking for a fun thing to do with the grandkids?

The Ashby Public Library is currently hosting:

Books & Discovery with Ms. Jana!

Join Ms. Jana for a story and a craft.

Free. All ages welcome. No registration required.

TUESDAYS, 10:30

In the Ashby Public Library's Children's room.

This program runs through the school year and is funded by the Mass Department of Early Education.

Special Programs

Ashby Firefighters vs. AES Teachers Volleyball Match

A benefit match to raise funds for new bleachers
for the Ashby Elementary School



April 5th, 6-8 pm at AES

Come root for your favorite AES staff
and firefighters!

LET THE LANDSCAPE SPEAK

THE IMPORTANCE AND MEANING OF THE INDIGENOUS
CEREMONIAL STONE LANDSCAPE

THURSDAY APRIL 12, 2018
6:00PM-8:00PM
ASHBY FREE PUBLIC LIBRARY
812 MAIN ST. ASHBY, MA



FEATURED SPEAKER

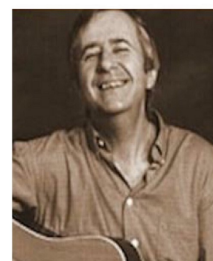
Doug Harris, Deputy Tribal Historic Preservation Officer,
Narragansett Indian Tribal Historic Preservation Office

The Indigenous Ceremonial Stone Landscape is of cultural significance to the Tribes of
the northeast. Mr. Harris will explain why these ceremonial features should be
preserved, and what to do if you would like to help protect this important landscape.

This program is supported in part by a grant from the
Ashby Local Cultural Council, a local agency which is
supported by the Massachusetts Cultural Council,
a state agency.



The Friends of the Ashby Public Library
and the Ashby Cultural Committee
are pleased to bring you...



A Concert of Irish Music

Featuring Irish Humourist and Folksinger

Tom O'Carroll

**SATURDAY
APRIL 7
11:30 AM**
ASHBY PUBLIC LIBRARY



MAGIC SHOW!
APRIL 19th @ 5:30
ASHBY PUBLIC
LIBRARY



Boy Scouts' Spaghetti Supper

APRIL 14th

@ Ashby American Legion



Workshop: No-Till Cover Crops For the Home Garden

April 26th, 7:00 - 9:00 pm at the
Ashby Public Library



This workshop provides practical guid-
ance on using cover crops in a small
scale, non-mechanized, no-till context
to improve soil health for growing more nutritious
food, more vibrant ornamentals and for sequestering
atmospheric carbon into the soil. Presenter: Sharon
Gensler, homesteader/organic grower/educator 38+
years using no-till and cover crop soil building practic-
es on small scale.



ART IN BLOOM SENIOR DAY APRIL 27, 2018

11 am—5 pm

Admission \$5 (Free for Members)

Light Refreshments & Guided Tours

Fitchburg Art Museum, 185 Elm St. Fitchburg

AARP Tax Sessions at the TOWNSEND SENIOR CENTER Tuesdays, 9am-12pm

Sessions will be available every Tuesday from February 6 through April 3.

Good to know!

Annual Town Election: April 23, 2018

ABSENTEE BALLOTS:

Absentee ballots will be available for the Annual Town Election. 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

Phone: 978-386-2424 x10

From The Ashby Land Trust:



3rd annual

Rubber Duck Derby

Sunday, May 6 at 1 pm

Race is at Damon Pond in Willard Brook State Forest.

Come watch hundreds of ducks make their way down the brook for prizes!

To purchase a duck for the race or more information contact:

Doug Leab at 978-386-5304.

From the New York Times:

Amazon Offers Prime Discount for Medicaid Recipients

Starting Tuesday, March 13th, Amazon.com will offer a discount on its Prime membership program to recipients of Medicaid. They can receive the benefits of Amazon Prime - including free shipping and video streaming - for \$5.99 a month, less than half the standard monthly fee. Visit www.amazon.com for more info.



Townsend's 13th Annual Earth Day Celebration

On Townsend Common

Saturday, April 21st

10 a.m. to 3 p.m.

Finnish Pannukakku Breakfast

Saturday, April 28, 2018

8:00am-10:00am

The Finnish Center at Saima Park
61 Scott Rd, Fitchburg, MA

ASHBY FIRE / EMS 30 DAY RAFFLE DRAWING

The Ashby Fire and EMS Association is currently holding a gift card raffle! **Tickets are available for \$10 from active department members and at the 873 Cafe.**

There will be daily drawings throughout the entire month of **APRIL**. The proceeds from this fundraiser will help the Association support the department, the community, and its members.

Ashby Fire / EMS Association 30 Day Raffle Drawing

Starting April 1st and
Ending April 30th.

April 2018

Winner of \$25 Gift Card
Drawn Every Day!!

SUN	MON	TUE	WED	THU	FRI	SAT
1 Boston Donuts	2 Applebees	3 Walmart	4 Cumberland Farms	5 Hannaford	6 Groton Nursery	7 873 Cafe
8 Townsend Ford	9 110 Grill	10 Dicks Sporting Goods	11 Mobil	12 Market Basket	13 Townsend Ridge Country Club	14 Stop and Style
15 Best Buy	16 Texas Road House	17 Cabelas	18 Cumberland Farms	19 Hannaford	20 Dunkin' Donuts	21 873 Cafe
22 The County Mile	23 Outback	24 Boston Donuts	25 Mobil	26 Market Basket	27 Groton Nursery	28 Dunkin' Donuts
29 Townsend Ridge Country Club	30 Ninety Nine Restaurant & Pub					



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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



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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:

<http://ci.ashby.ma.us/coa/>