



# SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING      December 2017

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

## OFFICE HOURS

**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 build-  
ing for access.

## SAVE THE DATES

December 2      Holiday Dinner

December 6      Holiday Wreaths

The newsletter **will not** be pub-  
lished or mailed in January. Look  
for the Winter edition to be mailed  
by early February. It also will be  
distributed throughout town. And  
you can always view it on the Town  
website at [http://ci.ashby.ma.us/  
coa/](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, *Chair*

Jo Helander, *Vice Chair*

Nadine , *Secretary*

Linda Stacy

Leslie Anderson

Linda Mikkola

## 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, Dec 7**

#### **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.**

### **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

### **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:

1<sup>st</sup> Friday Townsend Hannafords

2<sup>nd</sup> Friday Fitchburg (John Fitch) Market Basket

3<sup>rd</sup> Friday Lunenburg Hannafords

4<sup>th</sup> Friday Whitney Field Market Basket

### **Sundays**

Focus on simple yoga postures and routines.

## *Special Programs*

### **HOLIDAY WREATHS**

**Wednesday December 6**

**10:00 am**

**FREE**

We will have plenty of greens, Ribbon, and decorations for you to make a beautiful door or wall hanging. Just show up in the Land Use Room on the first floor and plan on having some fun. No sign up needed.



### **TREE LIGHTING**

**Sunday, December 3**

**4:00 pm**

Tree Lighting will be held on Ashby Common on Sunday, December 3, 2017, at 4:00 p.m. Following the lighting there will be a free beef stew supper at the Ashby Congregational Church. Join your Ashby friends and neighbors for this annual event!

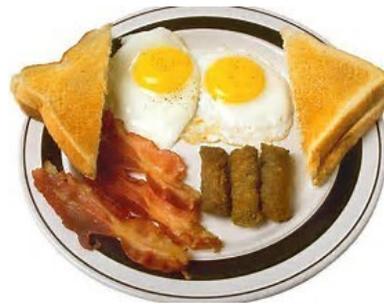
Any questions, please call Nancy Peeler 978-386-2228

### **CHAT AND CHEW**

**Wednesdays at 873 Café**

**9:00 am**

While we will not have any speakers during the winter, we hope you will continue to enjoy each other's company and keep warm!



### **GRANDPARENTS!**

There is a great new program at the Ashby Free Library on Tuesdays at 10:30. It is a free playgroup/Story/Craft Time in the children's room. This program runs through the school year and is funded by the Mass Department of Early Education.

### **AMERICAN LEGION DINNER**

**Saturday, December 2 1:00 pm**

If you have made your reservation, don't miss out on this great dinner, hosted every year by the American Legion Post 361.

## ***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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**I would like to thank everyone for all their  
love and support while I served as Director  
for the past 2 1/2 years.**

**Marcia Zaniboni**