



SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING June 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

June 7 Breakfast Speaker
June 14 Lanterns
June 22 Rivercourt Lunch

The newsletter **will** be mailed for July, but not August. An updated newsletter will be distributed throughout town. It will be mailed again in September. 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*
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. Meetings are open to the public and all are welcome.

Resources

SHINE

Our SHINE counselor is here on the second Wednesday of the month from 11-2. to meet with you individually about your Medicare plans.

MEDICARE BUY-IN PROGRAMS HELP SAVE MONEY

Medicare Buy In programs -- also called Medicare Savings Programs -- can assist low income Medicare beneficiaries pay their share of the standard Medicare Part B premium...which is currently \$134 monthly. Medicare Beneficiaries may be eligible for different buy-in programs based on their income. The three programs are called **QMB** (Qualified Medicare Beneficiary); **SLMB** (Specified Low Income Medicare Beneficiary); and **QI-1** (Qualified Individuals).

Fuel Assistance Programs

Application Date Extended to May 12

Applications are still 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 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

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!

ASHBY FOOD PANTRY

is open on the 2nd Tuesday of each month from 6:00 - 7:30 pm in the Selectmen's meeting room at Town Hall. Please bring proof of residency. If you have questions, please contact [*ashbyfoodpantry@gmail.com*](mailto:ashbyfoodpantry@gmail.com)

Anyone using Verizon as your internet service provider for email (Verizon.net) as of April 12th will be automatically transferred to .aol unless you switch to a new provider and a new email address. You can go to Verizon.com/support for help.



Things To Do

Mondays

Look for special 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

Monthly craft at Town Hall.

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

Wednesdays

Breakfast at 873 Café at 9:00. Usually on the first Wednesday there is a speaker on topics of interest to you. Seniors will receive a 10% discount. On the second Wednesday the COA holds its meeting.

Thursdays

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

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 and routines.

Special Programs

MASON JAR LANTERNS

Wednesday, June 14 10:00 am

These very popular lights add ambience both indoors and out. They can be strung or placed on the table. They can be simple or very ornate. The choice is yours!



Join us on the 3rd floor of the Town Hall. No charge for this craft and feel free to bring your additional decorations to use. Coffee and goodies will be served.

MONTHLY LUNCH AT RIVERCOURT RESIDENCES

Thursday, June 22 11:45am

Beginning this month, Rivercourt Residences will treat 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. It is required that you sign up by the Monday before (June 19) by calling the COA and leaving your name and number.

CHAT AND CHEW

Wednesdays at 873 Café

9:00 Breakfast

June 7

Getting the Help you Need

Jack Whelan, RN, Still River Senior Life Consultants, will talk with you about what is available to you and when to ask.

CARDS!

At the Ashby Free Library

Thursdays 1:30pm

Join card players of all ages for a game or two. No need to sign up ahead of time, just show up. We can even instruct you if the game is new to you. We are open to suggestions of what you would like to play.

MAH JONG Anyone?

We have someone who can teach you that too! Let us know.

ASHBY 250

June 10 - Meet "Peppersass" at the 873 Café 4 - 7 pm

See the original Mt Washington Cog Railway Engine and watch the Emmy award winning movie *Climbing in the Clouds*

June 11 - Parade

11:00am

"Peppersass", regional bands, floats, military vehicles, and more!

More Assistance

WHAT IS PHISHING?

Phishing seeks to obtain usernames, passwords, bank and other financial accounts, and credit card details (and... money), for malicious reasons. Phishers pretend to be trustworthy via electronic email and text messages; older and vulnerable adults can be subject to fraud and financial abuse.

How Do I Spot a Phishing Email?

Phishers include links in their email to lure you to fake sites... to steal your login credentials or to infect your computer with a virus. Phishers may also ask you to respond to an email with sensitive, personally identifiable information (**PII**) that would allow them access to bank or other financial accounts. **â** Before you click a link or respond to an email, **check**: Are you familiar with the sender's company or email address? Are you expecting something from the sender's company or organization? Do they seem to know you by name? That doesn't mean the email is legitimate: **your name may be in your email address**, but it's good to check.

Be suspicious of links in an email... **hover over links** to verify the source URL address code. Before you click, verify that you recognize the linked URL.

Do you know the sender? The sender should include a signature that provides contact information.

What to do if you think you have received a phishing email....

Your choices: **delete** the mail, or **forward** it to an organization that can either study the email for to see who sent it, or investigate the people who sent it. Examples include an IT security group that supports you, or a law enforcement organization that deals with cybersecurity.

You may file complaints with:

Federal Bureau of Investigation, Internet Crime Compliant Center:

<https://www.ic3.gov/default.aspx>

The Federal Trade Commission: **(877) 382-4357**

U.S. Postal Service: <http://ehome.uspis.gov/fcsexternal/default.aspx>

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



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895 Main St., Box 11
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It is with great sadness that the Ashby Council on Aging notes the passing of long-time member, Oliver Mutch. Ollie was not only a prominent citizen of Ashby but a most significant asset to the COA and all Ashby seniors. We will greatly miss him. We also want to thank Elsie Frederickson and Jan Miller for their years of service as they retire from the COA.