



SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

March 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

| | |
|----------|---------------------|
| March 9 | Irish Music |
| March 8 | SHINE |
| March 8 | COA Meeting |
| March 29 | Cupcakes |
| April 11 | Live Your Life Well |

The newsletter **will** be mailed monthly for the next several months. It will also be placed at several places around town. 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

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 plan for you. Garry Gleckel will be here on the second Wednesday of the month from 11-2. Also, if you have high prescriptions costs, review your part D coverage. You may qualify for Prescription Advantage. Please call to make an appointment.



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**

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 signifi-
cant 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)

Things To Do

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.

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. 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.

SAVE THE DATE! Tuesday, April 11 Live Your Life Well

Ideas on how to live your life healthily and happily while confronting the challenges of aging with greater resilience.

Special Programs

GLENSHANE

Irish Songs and Blarney

Thursday, March 9, 5:00 pm

At the Ashby Free Library



Performing together for 30 years, John Nesbitt, from Co. Derry in No. Ireland – and his wife, Jean, who grew up in New

England – pull at your heartstrings and tickle your funny bones with their beautiful harmonies and Irish wit. Their lively accompaniment on several instruments insures a toe-tapping, rollicking good time.

Over the years Glenshane has opened for many well-known Irish entertainers like the late Tommy Makem and The Clancy Brothers.

Seating is limited, so please call to reserve your seat. 978-386-2424, ext 27. Leave a message with your name and phone number.

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

CUPCAKE DECORATING PARTY

Wednesday, March 29

10:30 am

Town Hall Land Use Room

After **TWO** snow cancellations we are scheduling this party one more time!

Come 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

March 8

More on the Ashby 250!

April 12 9:30

Town Administrator

Bob Hanson will discuss the warrant for the upcoming Annual Town Meeting. Bring your questions for Bob and learn more about what is happening in your Town.

More Assistance

BE ALERT TO TAX SCAMS

~~ Courtesy of the Commonwealth's Comptroller ~~

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

The IRS will NEVER:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.
- The IRS does not initiate contact with taxpayers by email, text messages or social media to request personal or financial information. The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.

Please share this information with others and check out *Consumer Alerts at the [IRS Website](#)*.

FILE OF LIFE

The File of Life is a magnetic envelope containing your medical information and who to notify in case of an emergency. It goes on your refrigerator and is easily accessed by emergency personnel. Call our office at 978-386-2424 ext. 27 for more info. like a File of Life. There is no charge and we can mail one to you or help you fill it out at the office.

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

Return Service Requested

PRESORTED
STANDARD
U. S. POSTAGE
PAID
ASHBY, MASS. 01431
PERMIT No. 3

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

Would you like an occasional visit?

The COA is fortunate to have a few people to check in with isolated seniors in Ashby.

We now are looking for a couple more people for them to visit with!

If you or someone you know would like a visit, please contact us at 978-386-2424, ext 27