



SENIOR SCOOP

· JULY 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 senior residents by offering services that strive to promote each person's independence and healthy, successful aging.*

COA OFFICERS:

Nancy Catalini, *Chair*

Jo Helander, *Vice Chair & Treasurer*

Nadine Callahan, *Secretary*

Linda Stacy

Linda Mikkola

Suzanne Harju

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 attend.

Dates to Remember:

See inside for details and more events.

JULY 3rd - ASHBY BONFIRE

**JULY 4th - INDEPENDENCE DAY
(Town Offices CLOSED)**

JULY 4th - FITCHBURG PARADE

JULY 11th - COA MEETING

**JULY 11th - ASHBY BAND CONCERTS
BEGIN**

**JULY 14th - ASHBY HISTORICAL SOCIETY
OPEN HOUSE**

JULY 14th - BASTILLE DAY

JULY 25th - SENIOR BREAKFAST

JULY 25th - VOLUNTEER at the COA!

JULY 28th - FINNISH BREAKFAST at SAIMA

SEPT. 5th - BOWLING CLUB BEGINS



COA DIRECTOR

Corey Harju

**Phone: 978-386-2424 (ext. 27) Email:
coa@ashbyma.gov Facebook:**

@AshbyMACOA

**Office Hours: Wednesdays 9 - 12:00
or by appointment.**

From Your COA Director:

Dear Ashby,

Did you know Ashby has a town nurse? It's true! Her name is Tamara Bedard and she recently paid a visit to your COA to talk about the services she provides to Ashby. On page 3 of this month's newsletter you'll see her photo and can read about her role in detail. I think it's worth me calling your attention to it and here's why: As your COA Director I wear many hats, but my number 1 priority is to respond to any Ashby senior that may have unmet needs and then connect that senior with people who can provide assistance and services to meet those needs. As you all know, seniors often have unmet medical needs and medical questions. Our town nurse, Tamara, is an invaluable resource for answering those questions and getting those needs met. I work closely with Tamara to make sure Ashby senior's medical needs are being met. Over the past few months, I've seen her answer Ashby seniors' questions about their medications, take a senior's blood pressure in their home, connect a senior with several in-home care providers to choose from, and simply stop by to check-in on a senior living alone (all with permission of course). Remember the days when the town Doctor would come to your home? That type of individualized care and attention is something Tamara can provide for Ashby seniors in need. I strongly encourage you to read more about Tamara on page 3 and to reach out to her, get to know her, and start a conversation about your medical concerns as a senior in Ashby. She is a resource we should all utilize. I promise you won't regret it. Look for more from Tamara in future Senior Scoop newsletters!

*Take care of each other and have a wonderful 4th of July,
~ Corey Harju (Your COA Director)*

ASHBY'S TOWN NURSE VISITS THE COA!

As part of the June 13th COA Meeting, Tamara Bedard, RN, visited the COA office to introduce herself and discuss her role in our community. Ashby is one of the 16 communities that make up the Nashoba Associated Boards of Health. Through this Association, Tamara serves as the "Town Nurse" for all of these communities, including Ashby. She is an RN and the Community Health Manager. Tamara's mission is to provide high quality Public Health Nursing to promote wellness across your lifespan. This includes monthly clinics for health screenings, information and resource referrals, education and outreach, and home visits as needed. The nursing team also works closely with the Massachusetts Department of Public Health to focus on disease prevention. They aim to prevent disease and protect the health of our communities by providing immunization clinics, regular communicable disease investigation and follow-up, and by responding to disease outbreaks.

As Ashby's town nurse, Tamara looks forward to getting to know each of us to best serve and meet the needs of the community. In the future, your COA in coordination with the Nashoba Associated Boards of Health, will be holding well-adult clinics where you may have Tamara check your blood pressure or just talk about your concerns. She is also available for home visits to make general assessments & help with coordinating care and make referrals to community and other supportive resources.

Tamara and your COA will work together to help Ashby residents age in place and achieve the COA's continued mission: To enhance the quality of life of Ashby senior residents by offering services that strive to promote each person's independence and healthy, successful aging. Tamara is a valuable resource for our town and your COA strongly encourages all Ashby Seniors to utilize her services, wealth of knowledge, and experience.

Tamara wishes all Ashby residents health & happiness, and extends her offer to assist in any way she can. Please feel free to contact her with any questions or concerns at: **978-772-3335 or 1-800-427-9762, ext. 340.**



**Tamara Bedard, RN and
Community Health Manager**

2018 ASHBY STREET LIST IS HERE!

Pick yours up at the Town Clerk's Office.

\$6 for residents, \$5 for Seniors, \$8 for non-residents.

Contact Tiffany, our Town Clerk, for more info: 386-2424 x 10

YOUR INPUT IS NEEDED FOR THE ASHBY HOUSING PRODUCTION PLAN:

A Housing Production Plan (HPP) is a community's proactive and studied means towards developing affordable housing that is in keeping with the Town's own affordable housing policies and preferences. The Plan is not a constructive plan but is more specifically intended to communicate to the state how Ashby can address its affordable housing responsibilities. This plan contains three elements which outline for the state:

- A comprehensive assessment of Ashby's housing needs;
 - Affordable housing goals to meet needs; and
 - Strategies towards achieving goals.

The HPP will be developed through a public process overseen by the Planning Board and administered by Montachusett Regional Planning Commission. Input from all residents, including seniors, is important in developing the plan.

If you wish to participate in developing the plan, please contact the Ashby Planning Board at **386-7981**. Additionally, a survey, and one to two public meetings will be held to solicit comments from residents.

Services -



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

For more information, or to meet with a counselor, contact the Ashby COA at 978-386-2424, ext 27. Ashby's SHINE counselor is available the first Thursday of each month for appointments. PLEASE NOTE: JULY APPOINTMENTS WILL BE HELD ON JULY 12, 2018.

ADULT BEREAVEMENT DROP-IN SUPPORT GROUPS:

All support groups are free, no registration required, and are open to all adults.

Second Tuesday of each month: Pepperell Senior Center and Shirley Library

Third Tuesday of each month: Lunenburg Senior Center and Townsend Senior Center

Third Thursday of each month: Harvard Senior Center and Littleton Library

First & Third Thursday EVENING of each month:
Shirley Library

**For times and more information please contact:
Karen Campbell: 1-800-698-3307 x 320**

NEED MEDICAL EQUIPMENT?

Your COA has equipment available for you to borrow at no cost: Wheelchairs, Walkers, Canes, Chairs, Tub Stools, Bed Assist Handles, and more! Contact the COA office to confirm the item you need is available: **386-2424, ext 27**

ALSO...

REquipment is a medical equipment re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults, children and elders living in Massachusetts. Visit www.dmerequipment.org to search available equipment and for more information or call: **508-713-9690**

Free Community Supper



The First Baptist Church of West Townsend holds a free Community Supper every fourth Wednesday of the month from 5:00 to 7:00. The supper is open to anyone that could use a warm meal. 461 Main Street, West Townsend, MA. For information on the supper please call the church:

978-597-2641

COUNCILING & SUPPORT

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.

PARKINSON'S SUPPORT GROUP

Pepperell Senior Center

Meets 2nd Wednesday of the month 3:00-4:00;
Call Susan: 978-433-0326

ASHBY CONGREGATIONAL CHURCH

(978) 386-5566

www.ashbycongregationalchurch.org

ASHBY FIRST PARISH CHURCH

(978) 386-5660

www.ashbyuu.org

SANCTUARY

(978) 906-5081

www.sanctuaryashby.org

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 to sign up.**

Programs -

YOGA at the TOWN HALL:

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

Tuesdays 5:00pm - Slow Yoga

Sundays 8:30am - Gentle Yoga

Sponsored by Ashby Council On Aging.

All ages over 18 welcome.

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. Riders must be scheduled by 2:30 p.m. the day before. To apply and schedule use please call: **Jennifer Collins, Monday through Thursday: 386-2501, ext. 11**

Join the **Ashby** **Photo Show!**



On display at the Library Art Gallery **September 15-November 29**

Submit your photos of these 5 locations:

- **Town Center** (including Valley Rd)
- **South Village (including Camp Middlesex)**
- **Willard Brook State Park**
- **Allen Field**
- **Hills (Mt. Watatic, Blood, Caton, Spring, Pearl, etc.)**



Photos must be:

- **8x10 or larger**
- **Framed or mounted on rigid material that can be hung for display.**

Submit photos to the Library after **August 1st**



Senior Saturdays **Silver Ranch Airfield** **Jaffrey, NH**



Saturdays through October. 2:00 - 4:00 pm

A free informal **outdoor** open house with socializing and light refreshments. Get out, visit, share stories, or take a walk. (Check for Airfield safety restrictions.) We have one of the "classic" Mt. Monadnock views, natural areas, and wildlife for you to enjoy. A variety of "flying machines" to see, and you might get to even "tour" one.

Wheelchair folks - welcomed and encouraged. Light refreshments, parking, lawn chairs (bring your own if you wish) ... and lots of fresh air will be provided! For questions, contact Harvey or Lee Sawyer at (603) 532-8870. Silver Ranch Airfield 190 Turnpike Rd (Rte 124), Jaffrey, NH (next to Kimball's Ice Cream)

FREE FUN FRIDAYS!

Fun Free Fridays offer visitors **FREE** admission to many of the most treasured cultural venues in Massachusetts. For more information on Free Fun Fridays, and for a full schedule of Free Fridays through August, **visit: www.highlandstreet.org**



Here is just a sample of some of the venues that will offer free admission:

FREE ADMISSION on JULY 6th:

Peabody Essex Museum (Salem)
Battleship Cove (Fall River)
New England Quilt Museum (Lowell)

FREE ADMISSION on JULY 13th :

Edward M. Kennedy Museum (Boston)
Larz Anderson Auto Museum (Brookline)
Chesterwood (Stockbridge)

FREE ADMISSION on JULY 20th:

Museum of Fine Arts (Boston)
The Garden at Elm Bank (Wellesley)
New Bedford Whaling Museum (New Bedford)
The Discovery Museum (Acton)

FINNISH LANGUAGE STUDY GROUP

There will be an informal Finnish language study group meeting this summer at the Fitchburg Public Library on several Monday evenings from 6:00 to 8:00 pm. **For more information contact Eino Kauppi at: ekauppi@verizon.net**

SAVE THE DATE!

BOWLING CLUB begins SEPTEMBER 5th, 2018

PUTNAM STREET LANES (14 Putnam St, Fitchburg)
EVERY WEDNESDAY at 1:00 pm



Contact Gary Putnam for more info & to sign up: phone: (978) 343-9664 or email: putnamlanes@gmail.com

Events -

ASHBY BONFIRE JULY 3, 2018 ALLEN FIELD

Gate opens at 4:00

Band Concert at 7:00

Bonfire at 9:00

Burgers, Dogs, Chili,
Fries, Popcorn, Pies,
Drinks, Candy, Games &
More!

Nearby Independence Day Events:

GREENVILLE, NH: JULY 3rd - Fireworks at 11:20 pm followed by the Pots & Pans Fire Trucks Parade

FITCHBURG: JULY 3rd - Fireworks launched from Rollstone Hill at 10:00. **JULY 4th** - Parade starting at 10:00 am on Summer Street and continues to the Upper Common.

BROOKLINE, NH: JULY 4th Fireworks over Lake Potanipo starting at 9:15 pm

MILFORD, NH: JULY 4th Family Fun day at Keyes Memorial Park starting at 9:00 am and lasting all day. Fireworks end the day starting at dusk.

GROTON: JULY 7th - Fireworks at the town field (behind the Library) starting at dusk.

AYER: JULY 7th - Fireworks starting at 9:00 pm, Pirone Park, 36 Bligh Street.

THE ASHBY PUBLIC LIBRARY SUMMER READING PROGRAM PRIZES FOR ALL AGES!

Adult Prizes include: Gift Certificates to the 99 Restaurant, Market Basket, and Hobby Lobby; Car Detailing, Worcester Art Museum, and more! Stop by the library to sign up!



ASHBY HISTORICAL SOCIETY OPEN HOUSE

JULY 14TH, 10:00 - 2:00

846 MAIN STREET ASHBY

Come view the recently restored American Broadside requesting Ashby citizens join in the American Revolution war effort!



ASHBURNHAM PARKS & RECREATION'S 2018 FREE SUMMER CONCERT SERIES

SUNDAYS 5 PM - 7 PM

JULY 8th thru SEPTEMBER 2nd



At WINCHESTER PARK (20 Memorial Dr, Ashburnham)

- * JULY 8 Knock on Wood (Acoustic Folk-Rock Due)
- * JULY 15 Beatles For Sale (Beatles Tribute Band)
- * JULY 22 Honky Tonk Hangover (Country)
- * JULY 29 The Ashboys (Classic Rock and Pop)
- * AUG 5 Jumpin' Juba (Blues w/ Rock & Roll, Jazz)
- * AUG 12 New England Swing Orchestra
- * AUG 19 Clavis Brudonn Band (Bluegrass, Country)
- * AUG 26 Nashoba Valley Concert Band
- * SEPT 2 Black Sheep Jazz Band (Dixieland, Jazz)

In the event of inclement weather, the concert will be rescheduled to the end of the series.

SMARTPHONE 101

QUESTION & ANSWER WORKSHOP

BRING YOUR
SMARTPHONE/IPHONE TO
THE LIBRARY



EVERYTHING YOU NEED
TO KNOW ABOUT YOUR
SMARTPHONE

- SETTINGS
- TAKING & EDITING PICTURES
- USING APPS
- AND MORE!

WHEN


Tuesdays
11am - 12pm

WHERE

Ashby Free Public Library

Class Format - Hands On
Audience - Adults, 50+

JULY 2018 COMMUNITY EVENTS

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
1 Gentle Yoga Town Hall 8:30 am	2	3 Ashby Bonfire Allen Field 4:00 Greenville, NH Fireworks, Pots & Pans Parade 11:20 pm How to Use Your Smartphone 11 - 12:00	4  Fitchburg Parade Downtown Fitchburg 10 am Town Offices Closed	5	6	7 Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm Longsjo Classic Bike Race 8:00 - 5:00 Fitchburg (Downtown)
8 Gentle Yoga Town Hall 8:30 am Free Concert Winchester Park Ashburnham 5 - 7:00 pm	9	10 How to Use Your Smartphone 11 - 12:00 Ashby Library Slow Yoga Town Hall 5:00 pm	11 COA Office Open 9:00 - 12:00 COA MEETING 3:30 Band Concert Ashby Common 7:30	12 Drop Stitch Club Ashby Library 6:30 pm	13	14 Ashby Historical Society Open House 10 - 2:00 Senior Saturdays Silver Ranch Airfield, Jaffrey, NH, 2 - 4:00 pm
15 Gentle Yoga Town Hall 8:30 am Free Concert Winchester Park Ashburnham 5 - 7:00 pm	16	17 How to Use Your Smartphone 11 - 12:00 Ashby Library Slow Yoga Town Hall 5:00 pm	18 COA Office Open 9:00 - 12:00 Chat & Chew 873 Café @ 9:00 Band Concert Ashby Common 7:30	19	20	21 Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm
22 National Parents Day Gentle Yoga Town Hall 8:30 am Free Concert Winchester Park Ashburnham 5 - 7:00 pm	23	24 How to Use Your Smartphone 11 - 12:00 Ashby Library Slow Yoga Town Hall 5:00 pm	25 SENIOR BREAKFAST 9:00 LEGION VOLUNTEER at the COA 1:00 Band Concert Ashby Common 7:30	26	27	28 Senior Saturdays Silver Ranch Airfield Jaffrey, NH 2 - 4:00 pm Finnish Breakfast Saima Park 8 - 10:00 am
29 Gentle Yoga Town Hall 8:30 am Free Concert Winchester Park Ashburnham 5 - 7:00 pm	30	31 How to Use Your Smartphone 11 - 12:00 Ashby Library Slow Yoga Town Hall 5:00 pm	Know of an event that should be included in the next calendar? Let us know! Give the COA a call: 978-386-2424 ext. 27, email: coa@ashbyma.gov, or message us on Facebook: @AshbyMACOA			



Ashby Council On Aging

895 Main St., Box 11
Ashby, MA 01431

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THE ASHBY COUNCIL ON AGING NEWSLETTER

SENIOR SCOOP

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:

www.ci.ashby.ma.us