



# SENIOR SCOOP

· JUNE 2019 ·

**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 MEMBERS:

Nancy Catalini, *Chair*  
Jo Helander, *Treasurer*  
Nadine Callahan, *Secretary*  
Linda Stacy  
Linda Mikkola, *Vice-chair*  
Peggy VanHillo  
Gary Asher, *Second Vice-chair*

**Council on Aging Meetings:** The Ashby Council on Aging meets on the second Wednesday of each month at 3:30 pm at the **COA 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.*

- JUNE 1st - MAJA PASTA SUPPER 4:30**
- JUNE 1st - YOGA for PAIN RELIEF at the Ashby Library 10:00**
- JUNE 8th - FITCHBURG ROD & GUN CLUB OPEN HOUSE 12:00 to 6:00**
- JUNE 12th - UNDERSTANDING MEDICARE AT THE TOWNSEND SR CENTER**
- JUNE 12th - COA MEETING, 3:30 at the COA**
- JUNE 10th - SENATOR ANNE GOBI MEET & GREET at the ASHBY COA 3:00**
- JUNE 14th - FLAG DAY**
- JUNE 16th - FATHER'S DAY**
- JUNE 24th - VOLUNTEER AT THE COA 1:00**
- JUNE 26th - CLEAN & GREEN WORKSHOP! AT THE COA, 2:00**
- JUNE 28th - MARIJUANA MYTHS & MISCONCEPTIONS, 10:00 at the COA**

## COA DIRECTOR: Corey Harju

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

Email: [coa@ashbyma.gov](mailto:coa@ashbyma.gov)

Office Hours: Wednesdays 9 - 12:00 or By Appointment

## ***From the Director:***

*Dear Ashby,*

*For anyone that attended the Ashby Town Meeting last month, or took a look at the COA's budget for FY2020, you'll know that the COA's town budget was increased for next year to include more hours for the Director position from 3 hours to 8 hours per week. With the money we receive from the State, the Director position is now funded for a total of 13 hours per week. The increase is good news and the COA and myself are very thankful for the efforts of everyone that helped to make that increase happen.*

*The bad news is that the COA is still underfunded. Based upon community feedback, senior population totals now and in 5 years, and our seniors' needs, the COA requested 16 hours per week for a Director for upcoming FY2020. Unfortunately, the decision was made to not meet that request. Ultimately, the Ashby COA is not adequately funded for FY2020. Here is the breakdown of the COA's budget for FY2020:*

- The COA's total town budget = \$7,897.00*
- Anticipated grant funding from the State = \$6,000*
- Total anticipated COA budget for FY2020 = \$13,897*

*The COA will have some hard decisions to make as to how best to use our limited budget to meet the needs of Ashby's growing senior population. We plan to continue move the COA forward and we welcome your feedback, input, and participation. Please attend an upcoming COA meeting, the second Wednesday of each month at 3:30 at the Town Hall. Hope to see you there!*

*Take care of each other ~*

*Corey Harju (Your COA Director)*



# CLEAN & GREEN WORKSHOP

Wed., JUNE 26th, at 2:00 to 3:30  
Ashby COA - 3rd Floor, Town Hall

JOIN THE COA TO LEARN HOW YOUR HOME  
ENVIRONMENT CAN IMPACT YOUR HEALTH



Tamara Bedard, RN & Community Health Manager with Nashoba Associated Boards of Health, will discuss how to “address the mess” and the positive effect on your physical & emotional health!

Eco-friendly cleaning expert, Linda Stacy, will discuss the non-toxic cleaning products she uses and the benefits of natural cleaning products.



FIRST 12 ATTENDEES (AGE 60+)  
TO SIGN UP WILL RECEIVE A

## FREE GIFT

OF ECO-FRIENDLY CLEANING PRODUCTS!  
\*REGISTRATION IS REQUIRED TO RECEIVE A FREE GIFT\*

## DOOR PRIZES!

SIGN UP AT THE COA:  
PHONE: 978-386-2424 EXT. 27

*PLEASE NOTE: Nashoba Associated Boards of Health, and it's employees, do not endorse or promote individual products, brands, vendors or services. The Ashby COA, and its members and employees, do not endorse or promote individual products, brands, vendors or services.*

**State Senator  
ANNE GOBI  
MEET & GREET  
AT THE ASHBY COA  
MON., JUNE 10th at 3:00  
3rd floor, Town Hall**



*Light refreshments will be served.*

\*\*\*\*\*  
**VOLUNTEERS NEEDED!**  
**MONDAY JUNE 24th**  
**1:00 pm at the COA**  
**(Ashby Town Hall - 3rd Floor)**  
 Your COA needs volunteers to help get our next  
 newsletter ready for mailing.  
 Everyone is welcome.  
 \*\*\*\*\*

**CHAT & CHEW**  
**Mondays, 10:30 to 11:30 at the**  
**873 Café. Join your COA**  
**Director for an informal chat.**

***NOTE: THERE WILL BE NO  
 CHAT & CHEW ON JUNE 3rd***



Please join the Ashby COA for:  
**MARIJUANA: MYTHS  
 & MISCONCEPTIONS**

A free informative session and discussion.  
**FRIDAY, JUNE 28th, 10:00 a.m.**  
**at the Ashby COA (Town Hall, 3rd floor)**

Learn what is legal, responsible use, health  
 effects for seniors, and more.

Presented by:  
**JERRY MANNEY, LADCI**

Ashby resident, Jerry Manney, is a licensed alcohol & drug  
 counselor with 40 years of experience counseling individuals  
 with addictions and presenting on the topics of drugs & alcohol.

Announcing:  
**The N.M.R.H.S.  
 Senior Discount Card!**



\$25 per card.  
 Includes a free N.M.R.H.S. tote  
 bag, entrance to all N.M.R.H.S.  
 ticketed sporting events, and  
 priority tickets for all theater &  
 music events for the 2019-2020  
 school year.

**Sign up for a card at the  
 Ashby COA by June 26th:**  
**978-386-2424 ext. 27**

## Good to Know:

### **Ashby P.D. Tip of the Month: TEXT TO 911**

Text to 911 is now available throughout the Commonwealth of Massachusetts. All Massachusetts 911 call centers now have the ability to receive a text message through their 911 system.

Text to 911 allows those in need of emergency services to use their cellular device to contact 911 when they are unable to place a voice call. To contact emergency services by text message, simply enter 911 in the "To" field of your mobile device and then type your message into the message field. It is the same process that is used for sending a regular text message from your mobile device.

It is important to make every effort to **begin the text message indicating the town you are in** and provide the best location information that you can. The

State 911 Department encourages citizens to text to 911 only when a voice call is not possible. This is also perfect for deaf or hard of hearing citizens to communicate with our 911 dispatchers.

**Remember: "Call if you can, text if you can't."**

If you have any questions or concerns, please do not hesitate to reach out to your

**Ashby Police Department: 978-386-5652**



Ashby Seniors attend a presentation by Attorney Nancy Catalini Chew on Estate Planning & Elder Law - May 1, 2019

JOIN THE ASHBY COA FOR A  
**WALK** *With Friends!*

**Mondays at 8:50 a.m. at Willard  
Brook State Forrest's  
Valley Road Trail (Meet at the  
corner of routes 119 & 31)**

*Let's get outside and enjoy what  
Ashby has to offer! Rain or shine.*

## **Yoga for Pain Relief At the Ashby Library**

**4 Saturdays in JUNE:  
1st, 8th, 15th, and 22nd  
10:00 to 11:00 a.m.**

Join instructor Ann-marie LaBollita for a series of yoga classes perfect for beginners. Learn a series of gentle yoga postures and stretches to relieve both upper and lower back pain. Space is limited, so please sign-up at the circulation desk. Bring a yoga mat to the class. Wear comfortable clothing. This is a **free class** sponsored by a grant from the Ashby Cultural Council.



The new Ashby ambulance has arrived!

# Services -



**MEDICARE COUNSELING:** 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.

## **COMMUNITY SERVICES :**

**Community Legal Aid of Central MA (free):**  
(855) 252-5342 | [www.communitylegal.org](http://www.communitylegal.org)

**Elder Helpline:** Mon-Fri 9a-8pm, Sat 9am-1pm  
(800) 243-4636 | TDD/TTY (800) 872-0166

### **Executive Office of Elder Affairs:**

(800) 922-2275 Report Elder Abuse

Operating 7 days a week 24 hours a day.

**Fitchburg Family Pharmacy: (978) 878-8465**

FREE delivery of medications Monday-Friday.

Please allow 24 hours for delivery.

**Fuel Assistance:** Salvation Army (978) 342-

9407 New England Farm Worker's Council

(978) 342-4520

**MassOptions:** Free referral service

(844) 422-6277 | [www.MassOptions.org](http://www.MassOptions.org)

**MOC Meals on Wheels: (978) 345-8501**

Home delivered meals

**Twin City Area Memory Cafe: (978) 400-8778**

1<sup>st</sup> Wednesday of the month from 1:00pm -

3:00pm At Leominster Senior Center.

Contact: JoAnn Valois

## **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 Silvia

(800) 734-7312

Meets Thursdays 2:00 p.m.

### **PARKINSON'S SUPPORT GROUP**

*Pepperell Senior Center*

Meets 2nd Wednesday of the month 3:00-4:00; Call Su-

san: 978-433-0326

### **ASHBY CONGREGATIONAL CHURCH**

(978) 386-5566

[www.ashbycongregational.com](http://www.ashbycongregational.com)

### **ASHBY FIRST PARISH CHURCH**

(978) 386-5660

[www.ashbyuu.org](http://www.ashbyuu.org)

## **MEALS ON WHEELS**

The Ashby COA through the Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Must be at least 60 years of age and homebound. Call the Ashby COA office at **978-386-2424 ext. 27** for more info.

## **SENIOR CITIZEN PROPERTY TAX WORK-OFF PROGRAM**

This program allows Ashby homeowners, age 60+ to reduce property taxes by working for the Town of Ashby. Stop by the Assessors office at Town Hall for an Application!

## **ASHBY MART SHUTTLE SERVICE**

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 - Thursday: 386-2501, ext. 11**

## **MART to Boston & Worcester**

MART provides transportation to Worcester & Boston for seniors with a MART ID (contact Ashby Town Hall for an ID). The shuttle service departs from Fitchburg Intermodal Center on lower Main St. across from Dunkin Donuts. Worcester shuttle leaves at 7:30am, 11:30am and 3:30pm. Cost is \$8.00 one way with Mart ID. Boston shuttle leaves at 7:30am, Noon and 3:00pm. Cost is \$10.00 one way with Mart ID. If you need a return ride please call MART at (978) 345-7711 (ext. 3) when you get on the bus. They will give you the different time options and you will be asked to call MART one hour before the time of your pickup.

## Events -

### TOWNSEND SENIOR CENTER EVENTS:

**June 7 & 8: Senior Center Yard Sale,**  
coinciding with the Library Plant Sale

**June 12: Understanding Medicare**

**June 19: Chronic Disease Self-Management**  
Course begins (6 week course)

**Line Dancing Fridays** ~ Cost: \$5/class or \$7 for  
both/all Beginner: 9:30–10:00am Improver:  
10:00am –11:00am Advanced class until 11:30

Please call the Townsend Senior Center for times, more  
information, and to register : 978-597-1710

### FITCHBURG SENIOR CENTER EVENTS:

**June 12th (10:30am): Strawberry Festival**

**June 14th (11:00am): Father's Day Lunch w/  
Silver Moon Gypsies**

**June 18th - Bus Trip to the Downton Abbey  
Exhibit in Boston**

**June 19th (10:30am): Introduction to Reiki**

**June 24th (1:30pm): Cancer Support Group**

**June 26th (11:00am): Civics Day Luncheon  
w/ The Boston Piano Kid**

Please call the Fitchburg Senior Center for more  
info and to register: 978-829-1790



### ASHBY:

Second Saturday of the month  
beginning July 13th thru Oct. 12th,  
10:00 to 3:00

Ashby Town Common

### ASHBURNHAM:

Last Saturday of each month, May thru Oct., 9:00  
a.m. to 1:00 p.m., Cushing Street at Hastings Rd

### FITCHBURG:

Thursdays, June 6th thru Oct. 31st, 4:00 to 7:00,  
Upper Common

### GROTON:

Fridays, July 5 thru Oct. 11, 3:00 to 7:00,  
Williams Barn 160 Chicopee Row

### LUNENBURG:

Sundays, June thru Oct., 10:00 to 1:00 p.m.,  
Town Center

### NEW IPSWICH, NH:

Every other Saturday starting June 1st, 9:00 to  
12:00, 661 Turnpike Rd

### RINDGE, NH:

Thursdays, May 16th thru Oct. 10, 3:00 to 6:00,  
West Rindge Common, Rte 202N

### WESTMINSTER

Fridays, May to Oct. 3:00 to 6:30 pm,  
28 Academy Hill Road.

## Lunenburg Arts Festival

Sat, June 8, 2019

The free arts  
festival will take  
place in the  
center of  
Lunenburg from  
10:00 to 3:00

## TOWER HILL

BOTANIC GARDEN  
BOYLSTON, MA  
508-869-6111

Free After 3:00  
Thursdays

Admission is free from  
3:00 to 9:00 pm on  
Thursdays in June, July,  
and August.

## Pasta Dinner At MAJA Hall!! Saturday, June 1st 4:30PM - 8:00PM

Pasta Meatballs, Bread and More!!  
Water, and Soda Available!

**\$10 ALL YOU CAN EAT**  
**\$6 kids 12 and under**

47 Erickson Road Ashby, MA 01431  
All proceeds to support MAJA Hall!

## FITCHBURG AIRPORT AERO FAIR SUNDAY, JUNE 23RD 9:00 TO 2:00

Free admission. Free airplane rides for kids ages 8-17.

Free tours of the airport. New and old aircraft on  
display. Tour our NEW terminal,  
and FPA Aviation Center. Food  
and beverages will be available.

Hosted by Fitchburg Pilots  
Association



# JUNE 2019 COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>MAJA HALL PASTA DINNER 4:30</p> <p>Yoga at the Ashby Library 10:00</p>
2	3 COA WALK 8:50 a.m. Valley Rd	4	5 <b>COA OPEN</b> 9:00 to 12:00	6 Fitchburg Farmers' Market 4 -7:00	7 Westminster Farmers' Market 3 - 6:00	8 TRANSFER STATION OPEN 9:00 to 1:00 Yoga at the Ashby Library 10:00
9 Lunenburg Farmers' Market 3 to 7:0	10 <b>ANNE GOBI MEET &amp; GREET AT THE COA 3:00</b>  COA WALK 8:50 a.m. Valley Rd  CHAT & CHEW 10:30 873 Cafe	11	12 <b>COA OPEN</b> 9:00 to 12:00  <b>COA MEETING 3:30 at the TOWN HALL</b>	13 Fitchburg Farmers' Market 4 -7:00	14 Westminster Farmers' Market 3 - 6:00  Line Dancing Fridays Townsend Sr. Center  <b>FLAG DAY</b>	15 Yoga for Pain Relief at the Ashby Library 10:00  New Ipswich Farmers' Market 3 to 7:00
16 Lunenburg Farmers' Market 3 to 7:00  <b>FATHER'S DAY</b>	17 <b>COA OPEN</b> 12:00 to 2:30  COA WALK 8:50 a.m. Valley Rd  CHAT & CHEW 10:30 873 Cafe	18	19 <i>COA CLOSED</i> (See Monday, 7/17)  Chronic Disease Self- Management Course begins (6 week course) at Townsend Sr. Center	20 Fitchburg Farmers' Market 4 -7:00	21 Westminster Farmers' Market 3 - 6:00  Line Dancing Fridays Townsend Sr. Center	22 TRANSFER STATION OPEN 9:00 AM - 1:00 PM  Yoga for Pain Relief at the Ashby Library 10:00
23 Lunenburg Farmers' Market 3 to 7:00  Fitchburg Airport Aero Fair 9:00 to 2:00	24 COA WALK 8:50 a.m. Valley Rd  CHAT & CHEW 10:30 873 Cafe <b>VOLUNTEER AT THE COA 1:00</b>	25	26 <b>COA OPEN</b> 9:00 to 12:00  <b>CLEAN &amp; GREEN</b> 2:00 at the COA!	27 Fitchburg Farmers' Market 4 -7:00	28 <b>MARIJUANA INFO SESSION</b> 10:00 am at the COA	29 Ashburnham Farmers' Market 9 - 1:00  New Ipswich Farmers' Market 3 to 7:00
30 Lunenburg Farmers' Market 3 to 7:00	<p><b>Know of an event that should be included in the next Scoop?</b>  <b>Contact the Ashby COA and let us know!</b>  <b>Phone: (978)386-2424 Ext. 27</b>  <b>Email: <a href="mailto:coa@ashbyma.gov">coa@ashbyma.gov</a></b></p>					



**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*



THE ASHBY COUNCIL ON AGING NEWSLETTER

# SENIOR SCOOP

**The next Ashby COA meeting is:  
Wed., June 12th, at 3:30  
Town Hall, 3rd Floor**