



# SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

November 2016

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**

*Closed October 4*

**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

|        |                     |
|--------|---------------------|
| Oct 30 | Ice Cream Social    |
| Nov 8  | Election Day        |
| Nov 9  | Veterans Breakfast  |
| Dec 2  | Festival of Trees   |
| Dec 3  | Party at Legion     |
| Dec 5  | Holiday Centerpiece |

The newsletter **will** be mailed in December. It will also be placed at several places around town. And you can always view 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

Medicare open enrollment is October 15th through December 7. This is your annual opportunity to change plans. We have a SHINE counselor here to meet with you individually to help select the best plan for you. This is also a good opportunity for those turning 65 to select a plan. Please call to make an appointment. Also, if you have high prescriptions costs, review your part D coverage. You may qualify for Prescription Advantage.

### *Fuel Assistance Programs*

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. The season begins November 1st. 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 2<sup>nd</sup> 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. 5:30 \$5

### **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 on their meal.

### **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:

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

### **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

### Festival of Trees and Snow Village

Friday,  
December 2

9:00 - 3:30

Displayed in  
the Hennewell  
Carriage



House, the beautifully decorated holiday trees have been donated and decorated by local businesses, garden clubs, and individuals. You can “vote” with your raffle tickets, in hopes of being the tree winner at the end of the festival. You will also enjoy the decorated buildings and grounds at Elm Bank with a stroll or a horse-drawn wagon ride. After all that, you will head to The Cottage for lunch. \$42 includes transportation, admission and lunch.

Ashby seniors can sign up starting November 1<sup>st</sup>; others on November 15<sup>th</sup>.

### HOLIDAY CENTERPIECE

Monday, December 5<sup>th</sup> 10:00 am

Dixie from the Bronze Bell is returning to make a unique centerpiece for the Holiday season! The cost is only \$15. Please sign up so we can order materials.

### CHAT AND CHEW

Wednesdays at 873 Café

9:00 Breakfast

Enjoy breakfast with your fellow seniors with a 10% discount every Wednesday at the 873 Café.

November 9 - Honoring our veterans!

### NEW YOGA CLASS!

Tuesdays, 5:30 pm

Town Hall

Roberta has added a new class for those who prefer evenings. Come stretch, strengthen and relax!

\$5/class

## AMERICAN LEGION ANNUAL HOLIDAY DINNER

Saturday, December 3<sup>rd</sup>, 1:00 pm

Once again the Ashby American Legion Post 361 is hosting dinner, FREE to all Ashby seniors. Please fill out the form on the back page and return it the them by November 27<sup>th</sup>.



www.ashby.com - 036M06

## ***More Assistance***

### **What is Elder Abuse?**

Elder abuse is any form of mistreatment that results in harm or loss to an older person. It is generally divided into the following categories:

**Physical abuse** is physical force that results in bodily injury, pain, or impairment. It includes assault, battery, and inappropriate restraint.

**Sexual abuse** is non-consensual sexual contact of any kind with an older person.

**Domestic violence** is an escalating pattern of violence by an intimate partner where the violence is used to exercise power and control.

**Psychological abuse** is the willful infliction of mental or emotional anguish by threat, humiliation, or other verbal or nonverbal conduct.

**Financial abuse** is the illegal or improper use of an older person's funds, property, or resources.

**Neglect** is the failure of a caregiver to fulfill his or her care giving responsibilities.

**Self-neglect** is failure to provide for one's own essential needs.

If you need to make a report of Elder Abuse call the

**ELDER ABUSE HOTLINE at 800-922-2275**

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## **EARLY VOTING**

### **NEW EARLY VOTING FOR THE NOVEMBER 8, 2016 PRESIDENTIAL ELECTION**

Can't get to the polls on Election Day or want to avoid the lines? VOTE EARLY! There will be two special Early Voting sessions for Seniors for the November Election:

Where: Ashby Town Hall

When: Tuesday, October 25,

Tuesday, November 1      9:00 AM to 11:00 AM

There are also additional hours for Early Voting. See the Town website for details. Absentee Voting is also still available (until noon on Monday, Nov. 7). Contact the Town Clerk's Office at 978-386-2424 x 10 with any questions.

## ***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

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Massachusetts Executive Office of Elder Affairs*

Ashby American Legion

PO Box 234

Ashby, MA 01431

R.S.V.P.

The Officers and Staff at the Ashby American Legion invite you to attend  
our annual Christmas Dinner to be held in your honor on Saturday,

December 3<sup>rd</sup> at 1:00 pm at the Legion Post Home

Please RSVP by returning this form to the Post by November 27<sup>th</sup>.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ GUESTS (1 or 2) \_\_\_\_\_

DELIVERY NEEDED? Yes \_\_\_\_\_