



Shirley Council on Aging

NEWSLETTER

Volume: 7

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APRIL 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coa@shirley-ma.gov

Is it Spring Yet?

Well, the calendar says that spring has arrived, and although we've been teased by a few warm days, the snow STILL falls from the sky and leaves us wondering. . . is it spring yet? Hang in there everyone, it's coming . . . and there's plenty to keep you active and social at your Senior Center!

If you're finding many odd jobs that need doing around the house, take heart—help is on the way! The **Catholic Heart Workcamp** volunteers will be back on June 21-27. We had them in Shirley for the first time last summer and had a very positive response from those seniors who participated. Don't miss out—give us a call or stop by to fill out a work order and be put on their list.



This month's **Senior Lunch** will feature homemade Butternut Squash Bisque from **Karen Zimmerman** at **Groton Wellness Café**, meatball subs or egg salad sandwiches, salad and dessert on April 15th at 11:30 a.m. Cost is \$3 and no reservation is needed.

Don't miss the **Senior Breakfast** by Chip Guercio and the breakfast bunch on April 27th at 8:30 AM. The best breakfast in town and the best deal, too, at \$2.

Senior Info Series will be held on April 13th at 10AM, featuring **Tara Rivera** from Navicare. Stay informed! There's no cost for our Info Series.

As always, I invite you to stop by and say hello—my door is open and I want to hear what else we can do to serve you better. Hope to see you here soon!

Kathryn



Healthy Eating Program

Join us immediately following lunch at **12:30 p.m. on April 15th** for an overview of this special program and a chance to ask questions.

Healthy Eating for Successful Living in Older Adults will run from

April 28-June 9 on **Tuesdays at 1 p.m.** There is no cost.

TO SIGN UP: call us at **978-425-1390** or stop by the Senior Center.

Mission Statement of the Shirley Council on Aging:

“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”

Council on Aging Staff and Members

DIRECTOR

Kathryn Becker

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VICE CHAIRMAN

Donald Reed

SECRETARY

Donald Reed

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Joyce Patton

Barbara Lugin

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Sandy Marcinkewicz

Joellen Sheehan

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MaryLou Clark

CAFÉ

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Viola Burnley, Pat Florio,

Shirley Deyo, Donna Brun

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App Schneider, Elisabeth Dinning,

Cathy Gregory, Bonnie Lawrence

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Nancy Siedliski

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Joyce Patton

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

Laurie Picinich

Carolyn Schold

The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road. Meetings are open to the Public.

THANK YOU . . .

For your contributions, donations and volunteerism.

We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Mark Pinard Landscaping, Village Pizza and Groton Wellness Café, and Wachusett Potato Chip Co.

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, & Bob Perry

Program Support:

Ron & Shirley Deyo, Don Parker, Jon Pender, John & Kay Tohline, Joyce Patton, Kendra Dumont, Chip & Dolores Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quilty, Vi Burnley, Donna Brun, Nancy Siedliski, MaryLou Clark, Francine Evelyn, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, and Patty Blodgett.

Donations:

Joyce Patton, Christine Saball, Sandy and Gene Wixom, Mabel Hanson, Gerlinde Raynor, Marion Wood, and Donna Brun.

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi Furman, Kathryn Becker, and Doreen Quintiliani

Café Wish List

The Senior Center is a Green Operation
Recyclable Donations Please



- ◆ Napkins
- ◆ Chinnet paper plates (large size)
- ◆ Coffee (decaf)

VOLUNTEERS NEEDED!
NO EXPERIENCE NEEDED!

LUNCH: On the third Wednesday of each month, help needed with set-up, serving and clean-up

DRIVERS: Angels on Wheels Drivers needed to take seniors to medical appointments using your own vehicle.

Call 978-425-1390 and leave your name and telephone number, or, even better . . . Stop in at the Senior Center!



Outreach Corner

Kathryn Becker, Director/Outreach Coordinator

Telephone: (978) 425-1390 Email: COAOutreach@shirley-ma.gov

The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.

Kathryn 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 Kathryn at the Council on Aging office at **978-425-1390**. She is available at the Senior Center at 9 Parker Rd., Tues. and Thurs. from 9-2. All information shared is confidential.

Two New Safety Programs at the Shirley Police Department



CHECK IN PROGRAM: Would you like to know that someone's looking out for you each day? Once registered with the "Check In" Program, you would be expected to call the Shirley Police Dept. each morning between 7 AM and 11 AM. If on any given day you don't call and hadn't let them know that you would be unable to call, the police would come to the house to check on you and make sure you are okay. To register for this program, stop by the Senior Center for a form or call 978-425-1390 to have one mailed to you.

VACANT HOUSE CHECK PROGRAM: Taking a trip? Visiting family for a few weeks? Make sure your home is secure by registering for the "Vacant House Check" Program. Stop by or call the Senior Center for a form at 978-425-1390 to register for this program.

Senior Homeowners and Renters

You may qualify for a refund from the State if you pay rent or property taxes!

The Massachusetts Circuit Breaker Tax Program is for persons 65 years or over whose property taxes (or 25% of rent) exceed 10% of their annual gross income and who meet other qualifying criteria. You may be eligible for the coming tax year plus the last three years, even if you did not file Massachusetts state income tax forms. If eligible you may file retroactively back to 2011. The maximum credit for 2014 is \$1050; 2013 is \$1030; 2012 is \$1000; and 2011 is \$980.

Seniors must meet the following guidelines:

1. **Age 65** or over by the end of the tax year for which you are filing
2. **Income:**

	2011	2012	2013	2014
Single	\$52,000	\$53,000	\$55,000	\$56,000
Head of Household	65,000	67,000	69,000	70,000
Married, filing jointly	78,000	80,000	82,000	84,000

3. **Residency:** You must own or rent residential property in Massachusetts as your primary residence. Public housing and subsidized renters are not eligible.

4. **Assessed valuation** of home must not be greater than:
For tax year: 2011-\$729,000; 2012-\$705,000; 2013-\$700,000; 2014-\$691,000

5. **10% rule: For Owners:** Amount by which property tax (plus 50% of water and sewer fees when not in property tax bill) exceeds 10% income, up to the maximum.

For Renters: Amount by which 25% of annual rental payments exceed 10% of total income, up to the maximum. The law assumes that 25% of rent goes toward tax.



Call these Senior Centers for appointments at Townsend 978-597-1710 or Pepperell 978-433-0326.

For more information, contact your accountant, AARP volunteer, or the Shirley Senior Center at 978-425-1390.

NEWS FROM SHINE

Did You Know?

In 2013, Medicare paid for health services for approximately 51 million individuals at a cost of about **\$604 billion**. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost **\$50 billion**.

Fraud, waste, and abuse contribute to the rising cost of health care. **Taxpayer dollars lost to fraud, waste, and abuse affect all of us.**

You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should **first** discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the **Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.**

Shirley Senior Center Transportation

MART Van

The Shirley COA has transportation available for doctor appointments and local shopping. The MART Van runs Monday through Friday from 8 a.m. to 4 p.m. Please give 48 hours' notice when requesting rides, so that we may meet your needs. Call 978-425-1390 for reservations.

Shopping trips are as follows:

Tuesdays: Searstown Plaza in Leominster

Thursdays: Week 1: Target

Week 2: Walmart/Aldi

Week 3: Barnes and Noble

Weeks 4 and 5: Walmart/Aldi

NEW! Fridays: Trips to Loaves and Fishes
Pick ups at 8 a.m. and leave for home at 11:30

DON'T FORGET!

Senior Lunch ~ April 15th
Senior Breakfast ~ April 27th

Senior Information Series

Monday, April 13th - 10:00 AM

Tara Rivera from Navicare

Find out how you can get all the health care and services you need from a Navicare team.



Fuel Assistance

LIHEAP: (Low Income Home Energy Assistance Program) Eligibility is based on the size of the household and gross income. The income eligibility requirements are: For an individual—\$32,618; for two persons—\$42,654; for three persons—\$52,691. To apply, call New England Farm Workers' Council in Fitchburg at 978-342-4520. If you are homebound, call the Senior Center at 978-425-1390.

GOOD NEIGHBOR ENERGY FUND: This program is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for LIHEAP fuel assistance. Income requirements are: For one person—\$32,618-\$43,491; for two persons—\$42,654-\$56,872; for three persons—\$52,691-\$70,254. Call the Salvation Army at 800-334-3047. If you are homebound, call the Senior Center at 978-425-1390.

The Choice Café

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council that is "Light and Nutritious" - perfect for the months ahead. There is a voluntary donation of \$2.25 requested. It is offered on the **2nd and 4th Wednesdays** of the month at 11:30. Unlike our regular lunch, you **MUST CALL AHEAD** to reserve a meal. Call us by Monday at 10 a.m. to reserve for the following Wednesday lunch or just sign up here at the Senior Center. Come enjoy a nutritious meal at a low price!

Menu:

April 8: Chicken Breast with Red Pepper Pesto, Macaroni Salad and Peaches

April 22: Egg Salad, Broccoli Salad and Cous
Cous Salad

Now Serving Hot Soup with Choice Café Lunches!



Blood Pressure Clinic & Blood Sugar Testing
Thursday, April 9th
9:30 - 10:30 a.m.

VETERANS' CORNER

...from Mike Detillion,
Shirley Veterans' Officer



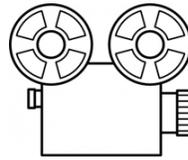
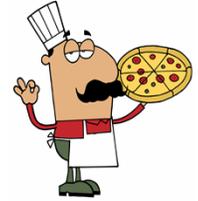
The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

For an appointment:
Call: 978-425-2600 x280
Appointments: Anytime

Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.

Pizza & a Movie @ Your Senior Center



April 1st
11 am

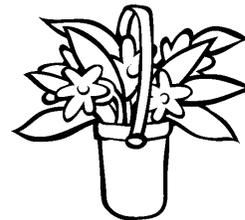
“The Hundred-Foot Journey”

Starring: Helen Mirren and Om Puri

The Kadam family leaves India for France where they open a restaurant directly across from Madam Mallory's Michelin-starred eatery.



COMING IN MAY AT THE SENIOR CENTER



Catered Lunch by Nashoba Tech May 20th at Noon

Followed by a surprise from:

Extended Day students from Lura A. White Elementary School

Choice of:

BAKED STUFFED HADDOCK W/ CRABMEAT
STUFFING

OR

ROASTED SIRLOIN WITH GRAVY

All served with soup/salad, rolls, potato, vegetable,
dessert and coffee

\$10.00 plus \$2.00 suggested tip

Call TODAY to reserve your seat at
978-425-1390



Senior Lunch
Wednesday, April 15th
11:30 a.m.

Soup made by:
Karen Zimmerman
of Groton Wellness Cafe

Menu

Butternut Squash Bisque,
Meatball Subs or Egg Salad Sandwiches,
Salad and Dessert

Cost \$3.00
No reservations necessary

Healthy Eating Program



Join us immediately following lunch at **12:30 p.m. on April 15th** for an overview of this special program and a chance to ask questions.

Healthy Eating for Successful Living in Older Adults

will run from

April 28-June 9 on Tuesdays at 1 p.m.

This FREE and informative program is designed for those individuals who want to learn more about nutrition and how small lifestyle changes can promote better overall health. Focusing on heart and bone healthy nutrition, the workshop includes strategies such as goal setting, problem solving, group support, and physical activity, all of which serve to improve or maintain wellness and prevent the development or progression of chronic disease. Through participation in the program, individuals feel empowered as they make small incremental changes to their eating habits and routines.

This nationally recognized program will be conducted by trained instructors from Montachusett Home Care.

TO SIGN UP:

Call us at 978-425-1390 or stop by the Senior Center.



Catholic Heart Workcamp Volunteers

If spring has found you with many odd jobs that need to be done around the house, take heart—help is on the way! The **Catholic Heart Workcamp** will have volunteers in our area from June 21-27. Their labor is **FREE**—you only have to buy the materials! They can do chores such as yard clean up, trimming hedges, clearing gutters, painting, repairing screens or steps. Nothing higher than the second floor or roof related, please. Give Kathryn a call at 978-425-1390 or stop by the Senior Center and pickup a work order to be put on their list.



If you would like to receive this newsletter by mail, please send a check for \$6.00 (to cover 1 year of postage) along with your name and address to:

**Shirley COA, 9 Parker Rd.,
Shirley, MA 01464**

If you would like to receive this newsletter by email, please send us an email with your name and email address to: shirleyCOAnewsletter@gmail.com

As always, our newsletter is available at The Senior Center, Municipal Building, Library and around town at your favorite shopping sites.

The Shirley Council on Aging is now on Facebook!



To stay connected with what's happening at the Senior Center and get the latest updates, Like us on Facebook at:
www.facebook.com/ShirleyCouncilonAging



**Bridge Tutorial
Is Back!
Thursdays at 1 PM**

35th Annual Senior Conference Hosted by State Senator Jamie Eldridge APRIL 23rd / 8:30-2:00

Hudson High School

Bus leaves Shirley Senior Center at 7:30 a.m. and returns at 3 p.m.

Call 978-425-1390 to Sign-Up for Bus

Workshops, Entertainment, Exhibits, Prizes, Speakers
FREE Coffee, Donuts & Lunch! DON'T MISS OUT ON THE FUN!

Call TODAY to reserve your seat at 978-425-1390

Café Open Monday - Thursday
from 9AM to Noon

April 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ MONDAY - THURSDAY 9 AM TO NOON		1 8:45 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "Hundred-Foot Journey" 1:30 Bingo	2 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Bridge Tutorial 1:30 Rummikub	3 Closed	4
5	6 9:00 Director's Coffee 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	7 9-12 Nails w/ Kendra 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	8 8:45 Senior Fitness 9-11 Creativity Time 11:30 CHOICE CAFÉ/ Soup 1:00 COA Meeting	9 9-10 Chair Yoga 9:30-10:30 Blood Pressure Clinic 10:00 Wii Bowling 1:30 Bridge Tutorial	10 Closed	11
12	13 10:00 SENIOR INFO 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	14 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	15 8:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH 12:30 Intro to Healthy Eating 1:30 Bingo	16 9-10 Chair Yoga 9:00 SHINE 10:00 Wii Bowling 1:30 Bridge Tutorial 1:30 Rummikub	17 Closed	18
19	20 CLOSED PATRIOT'S DAY	21 9-12 Nails w/ Kendra 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	22 8:45 Senior Fitness 11:30 CHOICE CAFÉ/ Soup 1:30 Bingo	23 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Bridge Tutorial	24 Closed	25
26	27 8:30 Senior Breakfast 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	28 9:30-12 Bridge/Dominos 1:00 Healthy Eating 1-3 Painting 5:00 Senior Fitness	29 9:00 Senior Fitness 9-11 Creativity Time	30 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Rummikub	For a SHINE Appointment Call 978-425-1390	