



# Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 2

FEBRUARY 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: [coa@shirley-ma.gov](mailto:coa@shirley-ma.gov)



## *Baby, It's Cold Outside . . .*

*But it's nice and warm at your Senior Center! Don't let the cold keep you home and isolated. There's lots going here. Take a look at our calendar, or better yet ~ stop in and see what's happening.*

If you've set yourself a fitness goal for the New Year, look no further than your Senior Center for inspiration. Every week we have Senior Fitness classes with instructor Sue Robbins on Tuesday evenings at 5:00 and Wednesday mornings at 8:45. Qi Gong, which meets on Monday mornings at 11:00, can help you with both strength and balance while also keeping you centered, and Yoga meets every Thursday at 10:00. There's no charge for your first class, so give one or two a try!

If you've always wanted to learn how to play Bridge, check out **Bridge Tutorial** on Thursday afternoons at 1:00. It's the perfect time of year to learn something new and keep your mind active. Please note: **Bingo** has moved to Wednesday afternoons at 1:30 p.m. Come in Wednesdays for pizza and a movie or for lunch and stay for Bingo.

This month's Senior Lunch will be catered by **Nashoba Tech** on February 18th at noon. The menu will feature a choice of Baked Stuffed Haddock or Roasted Sirloin. You must call ahead to reserve your seat by February 11th. Cost is \$10 plus \$2 suggested tip. Following lunch will be entertainment by "**Dance 2 Swing**" swing dancers from Leominster.

Don't miss the **Senior Breakfast** by Chip Guercio and the breakfast bunch on February 23 at 8:30 AM. The best breakfast in town and the best deal, too at \$2.

Senior Info Series will be held on February 9th at 10AM. Attorney, Nancy Catalini Chew will tell us what seniors need to know about estate planning and asset protection. Stay informed! There's no cost for our Info Series.

Reminder: Once again, thanks to the Boy Scouts of Troop 7 and the DPW we are able to offer **Sand 4 Seniors**. Please call the COA office at 978-425-1390 if you'd like to be put on our delivery list to receive a sand bucket. Throwing some sand on your steps and walkway can help reduce your chance of falling. Call today!

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*



### 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*

##### COUNCIL ON AGING

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*Don Parker*

##### VICE CHAIRMAN

*Donald Reed*

##### SECRETARY

*Donald Reed*

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*Nancy Siedliski*

*Joyce Patton*

*Barbara Lugin*

*Helen Kramer*

*Sandy Marcinkewicz*

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*MaryLou Clark*

##### CAFÉ

*Nancy Siedliski, Ruth Halloran,*

*Viola Burnley, Pat Florio,*

*Shirley Deyo, Donna Brun,*

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*App Schneider, Elisabeth Dinning,*

*Cathy Gregory, Bonnie Lawrence*

##### MEDICAL EQUIPMENT COORDINATOR

*Nancy Siedliski*

##### NEWSLETTER EDITOR

*Doreen Quintiliani*

##### SUNSHINE LADY

*Joyce Patton*

##### VAN DRIVERS

*Bob Perry, Doug Perry*

##### VAN DISPATCHER

*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 Cafe

#### 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, David Januskiewicz, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Vi Burnley, Donna Brun, Nancy Siedliski, MaryLou Clark, Francine Evelyn, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow

#### Donations:

Christine Saball, Marion Wood, Sandy and Gene Wixom, Bob McBrine, Rico and Carol Cappucci, Maria Owens, and Barbara Lugin.

*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

**VOLUNTEERS NEEDED!  
NO EXPERIENCE NEEDED!**

**LUNCH:** Help with set-up 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 9-3 . All information shared is confidential.



## ***In Case of Severe Weather: The Emergency Call List***

Do you worry about what to do in case of a power outage? Would you stay with family and friends or would you stay at home and weather the cold? Maybe your family lives at some distance and you could use someone to check on you.

The Town of Shirley wants to be certain Shirley seniors stay safe. The Emergency Call List registration is a way for the Council on Aging to keep track of those seniors who are most likely to need assistance during an emergency. Registration forms are available at the Senior Center or you may call the COA office at 978-425-1390 to have one mailed to you. Please consider filling out this form if you live alone or have a chronic health condition that could leave you vulnerable during an extended power outage. The form may be dropped off or mailed to Shirley COA at 9 Parker Rd.

Seniors who are dependent on electrically operated medical equipment in their home that is necessary to sustain life or avoid serious medical complications may participate in **National Grid's Life Support Program**. If you depend on medical equipment such as oxygen, a respirator or kidney machine, be sure to register with **National Grid at 800-322-3223** and be placed on their Life Support List. National Grid calls these customers before an expected outage and keeps in touch regularly during the outage. Registration forms for this program are available by calling National Grid. They are also available at the Senior Center and you may call to have one mailed to you. On-line you may find them at: [http://www.nationalgridus.com/masselectric/storm/prepare\\_equipment.asp](http://www.nationalgridus.com/masselectric/storm/prepare_equipment.asp).

## ***Book Mobile—Don't Let Cold Weather Curb Your Reading***

Remember, thanks to the volunteer efforts of MaryLou Clark, the Shirley Council on Aging can offer "Bookmobile 4 Seniors" to keep you in books all winter. The program is designed for those who love to read (or listen to audio books) but cannot get to the library. Even if it's just for a short time while you're recovering from illness, or if the weather keeps you home, we can help you keep up with your reading list.

The process is simple: if you decide you'd like a book delivered, call MaryLou at 978-425-5049. You can tell her the title and author you want or if you are not sure, just tell her the type of book you like to read and she will help you find something. You can keep the books for up to three weeks or DVDs up to one week. When you are finished, call MaryLou and she'll swap it for another. This is a free service. Don't miss out on the wonderful world of books because of illness or weather. Give MaryLou a call and let the Bookmobile 4 Seniors keep you reading.



## ***AARP Tax Preparation ~ February Schedule***

Please call the below Senior Centers for appointments

**Lunenburg:** February 2 and 9—call 978-582-4130

**Townsend:** February 3, 10, 17—call 978-597-1710

**Pepperell:** February 4, 11, 18—call 978-433-0326

**Groton:** February 5, 12, 19—call 978-448-1170

## Benefits CheckUp

Millions of seniors and adults with disabilities qualify for, but are not enrolled in, programs that could help them pay for prescription drugs, medical care, food, or heat for their homes. **Benefits CheckUp** is a **free, confidential, online service** to see if you qualify for benefits and help you take the first steps toward applying.

Go to: [www. Benefitscheckup.org](http://www.Benefitscheckup.org)

## 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

## 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.



## Senior Information Series

**Monday, February 9th - 10:00 AM**

**Speaker: Nancy Catalini Chew, Esq.**

Attorney Chew is a local attorney who specializes in elder law and estate planning. Atty. Chew will give an overview of what elders should know about asset protection and estate planning.

### Sand 4 Seniors

Once again, thanks to the generosity of the Boy Scouts from Troop 7 and the Shirley DPW, we will be offering Sand 4 Seniors. Any senior who would like a bucket of sand delivered to their home should contact the Senior Center at 978-425-1390. Please leave your name, address and phone number and we will have a scout drop off the bucket as soon as possible.



If you have a bucket left from last year, please let us know so that we may pick up the used bucket when the new one is dropped off.



### **DON'T FORGET!**

**Senior Lunch ~ February 18th**  
**Senior Breakfast ~ February 23rd**

## 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:**

**February 11:** Ham Salad, Kidney Bean Salad, Carolina Coleslaw

**February 25:** Tortellini Salad, Kidney Bean Salad, Beet Salad

*Now Serving Hot Soup with Choice Café Lunches!*



**Blood Pressure Clinic**  
**Thursday, February 12th**  
**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.



**Wednesday, March 18th  
11:30 a.m.**

**Guest Chef  
Charlie Sawyer**

**Menu**  
American Chop Suey, Caesar Salad,  
Garlic Bread and Desert

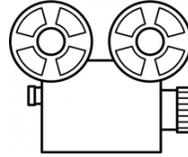
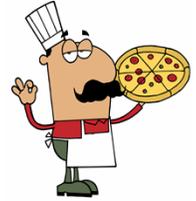
Cost: \$3.00  
*No reservations necessary*



**Director's Coffee**  
**First Monday of each month  
at 9 AM**

### Pizza & a Movie

@ Your Senior Center



**February 4 th  
11 am**

### “My Big Fat Greek Wedding”

**Starring:**  
Nina Valdaros, John Corbett,  
Michael Constantine

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identify.



COMING IN FEBRUARY AT THE  
SENIOR CENTER

**Catered Lunch by  
Nashoba Tech**

**February 18th at Noon**

Followed by entertainment provided by:



*Swing dancers from Leominster*

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

**Please make your reservation by  
February 11th at 978-425-1390**



### ***BINGO is Moving to Wednesdays ...***

The 1st, 3rd and 4th Wednesday of each month at 1:30 PM



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, Town Hall, Library and around town at your favorite shopping sites.



### **Get \$100 for your second Fridge or Freezer**

National Grid is offering to remove your second fridge or freezer through **February 15th**

They will pick it up for FREE!

Call 877-545-4113 to arrange pick-up

*Must be a working fridge or freezer  
Must be between 10-30 cu. ft.*



Join us for an overview of this special program and a chance to ask questions on **February 17th at 1 p.m.**

**Healthy Eating for Successful Living in Older Adults** will run from **March 3rd-April 7th . Tuesdays at 1 p.m.**



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

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.

### ***COA Board Opening***

**Interested in joining our Board?**

For more information or to fill out an application, please contact Kathryn at 978-425-1390.



### **Free Notary Service for Seniors**

Call Pat Krauchune at 978-425-9545

or email [krauchune@aol.com](mailto:krauchune@aol.com)

*House calls may be arranged*

Café Open Monday - Thursday  
from 9 AM to Noon

# February 2015

# Shirley COA

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