



Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 7

JULY 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

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

Summertime is Here!

The days are getting warmer, so remember—if you need to cool off, come to the Senior Center—we have central air conditioning. The intense heat we sometimes experience in this area can be dangerous. If you need an air conditioner and can't afford one, please call the Senior Center and we will try to help.



This is the time of year for relaxing, spending time with family and vacationing. The **Shirley Charitable Foundation** has two concerts coming up. **July 10th** will feature the Reminisants and **July 24th** will feature the BaHa Brothers. Come down to the Common, relax with friends and have a hot dog.

Some of our class instructors are taking a summer break, so check our calendar for the latest schedule. Senior Fitness will be off for July, but back in August. Check the August newsletter for dates. Bowling is on hiatus until September.

The Senior Scrabble Tournament continues **Thursday, July 2 and 9 at 1 p.m.** Who will be the next to win the title of “Best Senior Scrabble Player” in Shirley?

Our new **Discussion Group “Let’s Talk”** meets this month on **Tuesday, July 7 and 21 at 1 p.m.** It’s not too late to join! Thanks to the [Shirley Charitable Foundation](#) for funding our books.

As always, feel free to stop in and say hello. I’d love to hear what we can do to make things better at your Senior Center. Hope to see you here soon!

Kathryn

NEW! Coming this Fall . . .

Aging Mastery Program®

Wednesdays, September 2 - November 25 ~ 9:30-11:00 AM

Take charge of your wellness! Forge your path to better physical and emotional health, financial well-being and life enrichment through actionable goals, rewards and incentives with small but impactful life changes and peer support. This series will focus on fitness, nutrition, sleep, financial well-being, relationships, advance planning, volunteering, and civic engagement. Each session starts with a continental breakfast followed by a presentation and discussion.

Sign up at the Senior Center NOW as space is limited. Cost: free.

Very few COAs have been awarded grants to fund this unique program offering. We are very grateful to have received this funding from National Councils on Aging, the Massachusetts Councils on Aging and the Executive Office of Elder Affairs.

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

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Kathryn Becker

COUNCIL ON AGING

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Don Parker

VICE CHAIRMAN

Donald Reed

SECRETARY

Donald Reed

MEMBERS

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Joyce Patton

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Helen Kramer

Sandy Marcinkewicz

Joellen Sheehan

BOOKMOBILE

MaryLou Clark

CAFÉ

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Viola Burnley, Pat Florio,

Shirley Deyo, Donna Brun

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App Schneider, Elisabeth Dinning,

Bill Mercer, Jane Hallett

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Nancy Siedliski

NEWSLETTER EDITOR

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SUNSHINE LADY

Joyce Patton

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

Laurie Picinich

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, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant and Ayottes Farm

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, Bob Perry, and Marcia Sullivan

Program Support:

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

Donations:

Tony Bucca, Al Dentino, Marion Wood, Joyce Patton, June Vessey, Kathy Daley, Sandy and Gene Wixom, and Christine Saball

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



- ◆ Chinet paper plates (large size)
- ◆ Coffee (regular)

**VOLUNTEERS NEEDED!
NO EXPERIENCE NEEDED!**

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

Angels on Wheels volunteer needed: No set schedule, call for info. Mileage stipend available.

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 needs 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.

Elder Assistance Programs at MOC (Montachusett Opportunity Council)

Appliance Monitoring and Replacement Program: Provides income eligible NGRID customers with appliance monitoring and replacement of inefficient refrigerators, energy saving light bulbs, shower heads, and faucet aerators to reduce electric bills. If you have an old, inefficient refrigerator, having it replaced will save money. For more information about the Appliance Program and to see if you qualify, please call MOC at 978-342-7025.

Elder Home Repair Program: Provides repair and modification to the homes of elders who are at risk from health and safety hazards. Repairs alter the physical structure of the home to improve its overall safety and condition. Modifications are adaptations that make it easier to carry out activities such as bathing, cooking and climbing stairs. Essential repairs include hand rails, grab bars, repairs to screens, windows or doors, hot water tank replacement, or minor roof repairs. The program can pay for essential repairs up to \$3,000. Clients pay for materials and MOC provides the labor. Requested donation is 5% of the total job cost. Call 978-345-8501 for more information.



Community Choices Program

The Community Choices Program is a special program for frail elders who are at risk of entering a nursing facility very soon unless they get extra help at home. Elders currently in a nursing facility who want to return home are also eligible. Case managers develop service plans, arrange for services, and monitor progress.

To qualify for Community Choices, you must be enrolled in (or eligible for) the Frail Elder HCBS (Home and Community Based) Waiver Program. You must be a Massachusetts resident and able to live safely at home or in the community with one or more support services. In addition, you must meet other requirements that show you are at risk for immediate nursing home placement unless you get additional services. For example, you might be at risk and need extra services if you recently had a major medical problem. For more information, call Kathryn at **978-425-1390** or call Montachusett Home Care at **978-537-7411**.

Caregivers Corner

Information and resources for those caring for a loved one.

Listed are some of the pamphlets and books available for Caregivers at the Senior Center. Call Kathryn at 978-425-1390 if you would like any of this information.

- So Far Away: Twenty Questions & Answers About Long-Distance Caregiving
- Caring for a Person With Alzheimer's Disease
- Playbook for Alzheimer's Caregivers: Tips and Strategies
- Legal and Financial Planning for People With Alzheimer's Disease—Fact Sheet
- Understanding Alzheimer's Disease
- Understanding Memory Loss: What to do when you have trouble remembering
- There's No Place Like Home—For Growing Old—Tips



NEWS FROM SHINE

Medicare Appeals

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. *It is very important to pay attention to the time limits for appeals!*

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage for your medication

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income.

For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

For more information go to www.medicare.gov or see our SHINE counselor. Appointments may be made for the 3rd Thursday of each month by calling 978-425-1390.



It's not too late to join our "Let's Talk" Discussion Group! It meets on the first and third Tuesday of each month from 1-2:30 p.m. The current topic centers around the book "The Gift of Years: Growing Older Gracefully" by Joan Chittister. Facilitator: Claudette Williams. Call us at 978-425-1390 or send an email to coordinator@shirley-ma.gov to register and reserve your book.

Senior Information Series

Monday, July 20th - 10:00 AM

**Our Speaker will be
State Senator Jamie Eldridge**



**Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931**

**Blood Pressure Clinic
Thursday, July 9th 9:30-10:30 a.m.**

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
(The Mall at Whitney Field)

Thursdays: Week 1: Target
Week 2: Walmart/Aldi
Week 3: Barnes and Noble
Week 4: Twin City Plaza
Week 5: Walmart

Fridays: Week 1: Loaves and Fishes
Week 2: Idylwilde Farms
Week 3: Loaves and Fishes
Week 4: Idylwilde Farms
Week 5: Loaves and Fishes

Pick ups for Loaves and Fishes are at 8 a.m.; return at 11:30

Pick ups for Idylwilde Farms are at 10 a.m.; return at 11:45

**THANK
You
SO VERY
much**

Thank you to the Shirley Charitable Foundation for funding a grant to support our "Let's Talk" Discussion Group. Thank you for supporting Shirley seniors!

DON'T FORGET!

**Senior Lunch ~ Wednesday, July 15th ~ 11:30a.m. Guest Chef: Jon Pender & Friends
No Senior Breakfast in July**

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.



*Paint
and
Pizza
Night!*

Tuesday, August 11th, 4-7 p.m.

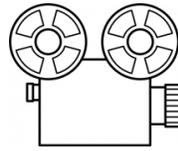
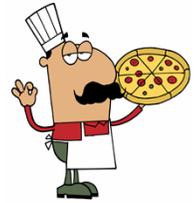
Enjoy a creative and FUN evening with friends! You don't have to be an artist to join in the fun—anyone can do it.

No artistic experience is necessary. Emily from "Paint Social" will guide and assist you throughout the process.

We'll paint for awhile, break for pizza while they dry a little and go back to finish up. Cost is \$10 and includes all paint materials, apron to protect your clothing and pizza, beverage and dessert.

Space is limited so register today at 978-425-1390 or coordinator@shirley-ma.gov

Pizza & a Movie @ Your Senior Center



**JULY 1st
11 am
"5 Flights Up"**

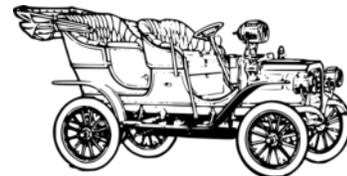
Starring:
Diane Keaton,
Morgan Freeman
Cynthia Nixon

Director:
Richard Loncraine



A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away.

"Cruisin' the Senior Center" Breakfast Car Show



**Monday, August 24th
8:30-10 AM**

Join us for a hearty breakfast cooked by Chef Chip Guercio featuring Western Scrambled Eggs or Plain, Texas Toast French Toast, Sausage, Home Fries, English Muffin, Juice and Coffee, all for **\$2.00**. When you're finished eating go outside and admire the classic cars courtesy of the Yankee Ingenuity T's car club and friends.

Rain date August 31st.



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

Guest Chef:

Jon Pender & Friends
Cost: \$3.00

No reservations necessary



If you're new to Shirley or know of someone who is, we would love to welcome you with a packet of information helpful to seniors.

You may also be newly retired and looking for ways to connect with others in town now that you have more time. Call us with your contact information so that we may arrange a visit from our Outreach Worker or stop by the Senior Center to pick up your packet and we'll give you a quick tour!

Call 978-425-1390



Give a Little, Gain a Lot

Studies show that giving your time can improve your mind and body and bring fun, fulfillment and purpose into your life.

Be a greeter, deliver meals on wheels, help serve lunch or offer a ride. What would you like to do?

Contact Kathy and learn about the possibilities and opportunities to help Shirley seniors.

Do something that makes you feel good!

Call us today at 978-425-1390 or

Email at coadirector@shirley-ma.gov



Members and guests, please remember to swipe your card at the computer when you come into the Senior Center.

If you don't have a card yet or have lost yours, please see Kathy or Laurie to sign up or get a replacement card. The statistics are very important in helping us to obtain funding and in planning programming each year, so help us by being counted!



This applies to those volunteering as well. Please be sure to enter your hours and help us keep track of all you do!



If you would like to receive this newsletter by mail, please send a check for \$6.00 (to cover one 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.



Outdoor Summer Concert Schedule

- July 10** **The Reminisants**
Oldies from the 50's, 60's & 70's
- July 24** **The BaHa Brothers**
Jimmy Buffet tribute band
- Aug. 14** **The Bel-Airs**
50's Doo-wop vocalists
- Aug. 28** **Beatles for Sale**
Beatles tribute band

*All concerts are held at the Shirley Center Common.
Food opens at 6 p.m. and music begins at 6:30 p.m.*



Bridge Tutorial Thursdays at 1 PM

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



Café Open Monday - Thursday
from 9AM to Noon

July 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>For a SHINE Appointment Call 978-425-1390</i>	DROP IN CAFÉ MONDAY - THURSDAY 9 AM TO NOON	1 9-11 Creativity Time 11:00 Pizza & A Movie "5 Flights Up" 1:30 Bingo	2 9-10 Chair Yoga 1:00 Bridge Tutorial 1:30 Rummikub 1:00 Scrabble Tournament	3 Closed	4 Independence Day
5	6 11-12 Qigong 1-4 Card Game Time	7 9:30-12 Bridge/Dominos 1:00 "Let's Talk" Discussion Group	8 9-11 Creativity Time 1:00 COA Meeting	9 9-10 Chair Yoga 9:30-10:30 Blood Pressure 1:00 Bridge Tutorial 1:00 Scrabble Tournament	10 Closed	11
12	13 11-12 Qigong 1-4 Card Game Time	14 9:30-12 Bridge/Dominos	15 9-11 Creativity Time 11:30 SENIOR LUNCH 1:30 Bingo	16 9-10 Chair Yoga 9:00 SHINE 1:00 Bridge Tutorial 1:30 Rummikub	17 Closed	18
19	20 10:00 SENIOR INFO 11-12 Qigong 1-4 Card Game Time	21 9:30-12 Bridge/Dominos 1:00 "Let's Talk" Discussion Group	22 9-11 Creativity Time 1:30 Bingo	23 9-10 Chair Yoga	24 Closed	25
26	27 NO Senior Breakfast 11-12 Qigong 1-4 Card Game Time	28 9:30-12 Bridge/Dominos	29 9-11 Creativity Time	30	31 Closed	