



Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 6

JUNE 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

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Happy Summer!

As I write this, it feels like summer already since we've just enjoyed several 80 degree days in a row. By the time you read this, "meteorological" summer (as the weathermen say) will have begun and anyway you look at it—we are all grateful to see the green of the trees and lawns, and our flower gardens starting to bloom after a very long winter.

It's a great time of year to learn something new and try to start some healthy habits. At the Senior Center we have some new programs beginning and several on-going exercise classes to help you get healthy. Check our calendar for details and call or stop by to sign-up!



Calling all scrabble players! **The Senior Scrabble Tournament** begins **Thursday, June 25th at 1 p.m.** Join us and see if you will be the next to win the title of "Best Senior Scrabble Player" in Shirley. Call us by June 22nd to register.

Starting this month we have a new **Discussion Group** called "Let's Talk". The first discussion topic will be based on a book called "The Gift of Years: Growing Older Gracefully" by Joan Chittister. The group setting offers a chance to share ideas, make connections and engage in meaningful discussion about the opportunities and challenges growing older presents. The first meeting is **Tuesday, June 9th at 1 p.m.** and Claudette Williams will facilitate. Come make friends and chat about what it's like to "grow older". Participants will pick the next discussion topic. Books are available at no cost and can be picked up at the Senior Center. You don't need to read the book to take part in the discussion. Please register for the group at 978-425-1390 or coadirector@shirley-ma.gov

On **Wednesday, June 24th at 6 p.m.** we will host speaker **Helen Kelly** who will talk about how she stopped her osteoporotic bone loss naturally. She says that "for most people, diet can be the safe road to bone health". Her daughter, Dr. Laura Kelly will be joining us by Skype to talk about the science involved and answer questions. Samples for tasting will be provided by Hannaford and Robinsons Farm. Please register at 978-425-1390 or coadirector@shirley-ma.gov

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

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

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VICE CHAIRMAN

Donald Reed

SECRETARY

Donald Reed

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Viola Burnley, Pat Florio,

Shirley Deyo, Donna Brun

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Bonnie Lawrence, Bill Mercer

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Nancy Siedliski

NEWSLETTER EDITOR

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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., and Tiny's Restaurant

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:

Marion Wood, Joyce Patton, Christine Saball, Donna Brun, Bob McBrine, Connie Schweitzer, Cathy Landry, Doris Champagne, James and Mabel Pringle, Bob Steiner and Kate White, Abby Dinkle and Al Dentino.

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 (decaf)

**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 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.

Immunizations—Not Just for Children

Childhood vaccinations are one of the greatest medical success stories of the 20th century. But remember that as you age, you become more at risk for certain diseases, such as flu, pneumonia, and shingles. As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. Which is why, in addition to seasonal flu vaccine and Td or Tdap vaccine (Tetanus, diphtheria, and pertussis), you should also get:

- Pneumococcal vaccine, which protects against pneumococcal diseases that cause infections in the lungs, blood, brain and ear (for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions like heart disease, diabetes, lung disease, or who smoke.)
- Zoster vaccine, which protects against shingles (for adults 60 years or older).

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment. Immunization should be a life-long priority!



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**.

Coming in July . . .Painting with Don Reed

8 week session begins Tuesday, July 7th 1-3 p.m.

\$5.00 per class or \$35 per session

All supplies provided

Save your spot now! Register at 978-425-1390



NEWS FROM SHINE

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, 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.

NEW! Discussion Group! **The Gift of Years:** **Growing Older Gracefully**

Not only accepting, but celebrating getting older, this inspirational and illuminating book by author Joan Chittister looks at the many facets of the aging process—from opportunities and challenges to struggles and surprises.

Join us for a chance to share ideas, make connections and engage in meaningful discussion.

Each chapter/topic is two to three pages long, but you don't need to read the book to take part in the discussion. Books are available at no cost at the Senior Center. The group will meet once per month.

June 9th at 1 p.m.

Facilitator: Claudette Williams

Please register today at: 978-425-1390
or coadirector@shirley-ma.gov



Senior Information Series

Monday, June 8th - 10:00 AM

Nancy Catalini Chew, Esq.

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



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

Blood Pressure Clinic
Thursday, June 11th 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

DON'T FORGET!

Senior Lunch ~ Wednesday, June 17th ~ 11:30a.m. ~ \$3.00 ~ Guest Chef: Charlie Sawyer

Senior Breakfast ~ Monday, June 22nd ~ 8:30 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.



Bugles Across America

TAPS BUGLER

Are you a military veteran or do you have a friend or relative who is a veteran? In the past, the Defense Department provided a bugler to perform Taps at a veteran's funeral, but budget cuts have made this no longer possible. A few years ago a veteran of the US Marine Corps, Tom Day of Illinois, founded a charitable organization to perform this duty. His organization is called Bugles Across America. The organization has hundreds of volunteers in the United States and in other countries. If you are a veteran, make your wishes known to your loved ones. A volunteer bugler may be requested by completing a short form on www.buglesacrossamerica.org. The service is free.

The Choice Café Menu

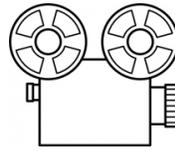
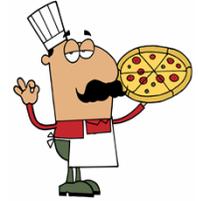
June 10: Chicken Breast with Red Bell Pepper Pesto, Macaroni Salad and 3 Bean Salad.

June 17: Seafood Salad, Macaroni Salad and 3 Bean Salad.

All meals include milk, coffee/tea and deserts.



Pizza & a Movie @ Your Senior Center



**May 6th
11 am
"The King's Speech"**

Starring: Colin Firth, Geoffrey Rush, Helena Bonham Carter
Director: Tom Hooper

Academy Award winner for Best Picture, Director, Best Actor and Best Screenplay.

The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.



SCRABBLE TOURNAMENT

Begins Thursday, June 25th at 1 p.m.

Keeping our minds sharp is important as we age and there's nothing like a game of scrabble to help you do just that. It improves your vocabulary and makes you think about letter combinations and placements on the board to maximize points. It's a great game for seniors.

If you like to play, sign up for our Senior Scrabble Tournament which will be held for three or four weeks (depending on how many players we get). It will be a single elimination contest and official Scrabble rules will apply. There will be judges in case of a dispute and wide recognition for the winner as the best Scrabble player in town.



Each match will be two games with total points being the tie breaker if each player wins one game. Names will be drawn to create the initial pairings.

Matches will be held on **Thursdays at 1 p.m.** beginning June 25th. The deadline for signing up will be June 22nd. Call us at 978-425-1390 or stop by to sign up.



The Diet That Saved My Bones! Preventing & Treating Bone Loss- Naturally!

Wednesday, June 24th / 6 pm

Speaker Helen Kelly will describe how she stopped a twenty-year progressive osteoporotic bone loss without the use of calcium supplements or pharmaceuticals, instead including in her diet specific combinations of ingredients that strengthen bones naturally. The program was developed by Helen's daughter Dr. Laura Kelly, a primary care physician.

Food samples for tasting will be generously provided by Hannaford and Robinson Farm.

Please register at 978-425-1390 or email coadirector@shirley-ma.gov
There is no charge for this event

"... for most people, diet can be the safe road to bone health."



SIGN UP NOW!! **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 cleanup, 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 fill out 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 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.



Bridge Tutorial Thursdays at 1 PM



Outdoor Summer Concert Schedule

- June 26** Nashoba Valley Concert Band
Patriotic tunes, show tunes, marches and popular music
- 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.

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



There will be no "Nails with Kendra" over the summer. Kendra will be taking a well-deserved break and will return in September. Thank you, Kendra!

Café Open Monday - Thursday
from 9AM to Noon

June 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11-12 Qigong 1-4 Card Game Time	2 9:30-12 Bridge/Dominos 5:00 Senior Fitness	3 8:45 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "The King's Speech" 1:30 Bingo	4 9-10 Chair Yoga 1:00 Bridge Tutorial 1:30 Rummikub	5 Closed	6
7	8 10:00 SENIOR INFO 11-12 Qigong 1-4 Card Game Time	9 9:30-12 Bridge/Dominos 1:00 "Let's Talk" Discussion Group 5:00 Senior Fitness	10 8:45 Senior Fitness 9-11 Creativity Time 11:30 CHOICE CAFÉ 1:00 COA Meeting	11 9-10 Chair Yoga 9:30-10:30 Blood Pressure 1:00 Bridge Tutorial	12 Closed	13
14  Flag Day	15 11-12 Qigong 1-4 Card Game Time	16 9:30-12 Bridge/Dominos 5:00 Senior Fitness	17 8:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH 1:30 Bingo	18 9-10 Chair Yoga 9:00 SHINE 1:00 Bridge Tutorial 1:30 Rummikub	19 Closed	20
21	22 8:30 Senior Breakfast 11-12 Qigong 1-4 Card Game Time	23 9:30-12 Bridge/Dominos 5:00 Senior Fitness	24 8:45 Senior Fitness 9-11 Creativity Time 11:30 CHOICE CAFÉ 1:30 Bingo 6:00 Osteoporosis Speaker	25 9-10 Chair Yoga 1:00 Bridge Tutorial 1:00 Scrabble Tournament	26 Closed	27
28	29 11-12 Qigong 1-4 Card Game Time	30 9:30-12 Bridge/Dominos 5:00 Senior Fitness		<i>For a SHINE Appointment Call</i> 978-425-1390	DROP IN CAFÉ MONDAY - THURSDAY 9 AM TO NOON	