



# Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 3

## MARCH 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)

### Think Spring!

*Has there been a spring in recent years that we've looked forward to more? After enduring record-breaking snowfall in February, it's hard to believe that by the time you read this, spring will be a mere three weeks away! Hold on a little longer everyone, it's coming . . . Hey, anyone want to take a guess as to what date the last of the snow will melt?*



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 stretch your mind. 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 feature guest chef Charlie Sawyer with a menu of American Chop Suey, Caesar Salad, Garlic Bread and Dessert on March 18th at 11:30 a.m. Cost is \$3 and no reservation is needed. Following lunch, enjoy entertainment by **Singer, Storyteller and Poet: Kate Chadbourne.**

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

**Senior Info Series** will be held on March 9th at 10AM. **Attorney Nancy Catalini Chew** will tell us what seniors need to know about estate planning and asset protection. (Postponed from January and February) 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*

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**

### 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

##### CHAIRMAN

*Don Parker*

##### VICE CHAIRMAN

*Donald Reed*

##### SECRETARY

*Donald Reed*

##### MEMBERS

*MaryLou Clark*

*Nancy Siedliski*

*Joyce Patton*

*Barbara Lugin*

*Helen Kramer*

*Sandy Marcinkewicz*

##### BOOKMOBILE

*MaryLou Clark*

##### CAFÉ

*Nancy Siedliski, Ruth Halloran,*

*Viola Burnley, Pat Florio,*

*Shirley Deyo, Donna Brun*

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*William Schold, Hilary Kelley, Tom Hill,*

*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

*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 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, Patty Blodgett

#### **Donations:**

Joyce Patton, Christine Saball, Sandy and Gene Wixom.

*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 9-3 . All information shared is confidential.

**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.

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



***AARP Tax Preparation***

Please call the below Senior Centers for appointments

- Lunenburg:** call 978-582-4130
- Townsend:** call 978-597-1710
- Pepperell:** call 978-433-0326
- Groton:** call 978-448-1170

## NEWS FROM SHINE MARCH 2015

### Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

### CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit SHINE on the web at [www.shinema.org](http://www.shinema.org). This site has valuable general information and links to other agencies that can assist you with your insurance needs.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 978-425-1390 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.**

## 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 ~ March 18th**  
**Senior Breakfast ~ March 23rd**

## Senior Information Series

**Monday, March 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.



### 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:

**March 11:** Roast Beef, Pears, Chickpea Cilantro Salad

**March 25:** Tuna Salad, Mixed Vegetable Salad, Tossed Salad

*Now Serving Hot Soup with Choice Café Lunches!*



**Blood Pressure Clinic & Blood Sugar Testing**  
**Thursday, March 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:

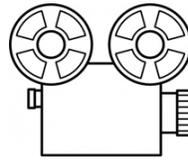
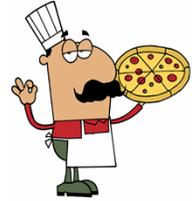
**Call: 978-425-2600 x280**

**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.

**Pizza & a Movie  
@ Your Senior Center**

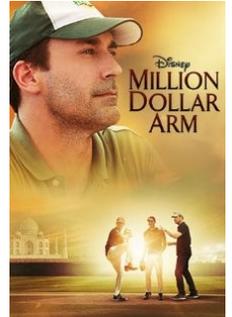


**March 4 th  
11 am**

**“Million Dollar Arm”**

**Starring:**  
John Hamm  
Aasif Mandvi  
Alan Arkin

A sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball.



**Join us March 18th at 12:30 PM  
as we celebrate St. Patrick's Day  
with Singer, Storyteller and Poet  
Kate Chadbourne!**

Kate Chadbourne is a singer, storyteller, and poet whose performances combine traditional tales with music for voice, harp, flutes, and piano. She holds a Ph.D. in Celtic Languages and Literatures from Harvard University where she teaches courses in Irish language and folklore – but the heart of her understanding of Irish folk tradition comes from encounters with singers, storytellers, and great talkers in Ireland. Her music has been featured on NPR's programs: "Cartalk" and "All Songs Considered," and songs from her CD, "The Irishy Girl", are played on Irish radio programs throughout the country. The Harp-Boat, a collection of poems about her father, a Maine lobsterman, won the Kulupi Press 2007 Sense of Place Chapbook Contest and was published in 2008. Whether Kate is singing, telling stories, or sharing a poem, she aims to leave her audiences moved, enlivened, and eager for their own adventure. More info. and music clips at [www.katechadbourne.com](http://www.katechadbourne.com)



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

*Followed with entertainment by:*  
**Kate Chadbourne**

**Guest Chef  
Charlie Sawyer**

**Menu**  
American Chop Suey, Caesar Salad,  
Garlic Bread and Dessert  
Cost \$3.00  
*No reservations necessary*



*This performance is made possible by a grant from the Shirley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



## Thank you to everyone who made our Valentine's Day Luncheon so much fun!

Chef Jim Yocum made a fabulous meal complete with homemade ice cream; Alan Cormier and Dance 2 Swing spun big band tunes and got some of us up on the dance floor with them; and our team of volunteers pulled everything together once again to make it a fun afternoon.



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.



### Come have fun with buttons! March 25th at 10 AM

Bring any buttons and ideas you may have for what you would want to fashion them into: a pin, a bracelet or something else. You will learn a lot about buttons and fashion, also.

*March is Button Month!*

## Thank You so much!

During this month of non-stop snow, we want to thank everyone who has helped with snow removal, and keeping the Senior Center parking area, walkways, steps, mail box and dumpster clear of snow:

**Shirley DPW, Bryan Dumont, Jon Pender, Robert Perry, Doug Perry, Carolyn Schold, Nancy Siedliski, Patty Blodgett and Patrice Fullhart.**

*Thank you for your help!!*



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

**Don't Forget!  
March 8th**



**Time to Spring Ahead**

**BINGO has Moved to Wednesdays ...**

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

Café Open Monday - Thursday  
from 9AM to Noon

March 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> No Director's Coffee 11-12:00 Qigong 1-4 Card Game Time	<b>3</b> 9-12 Nails w/ Kendra 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	<b>4</b> 8:45 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "Million Dollar Arm" 1:30 Bingo	<b>5</b> 9-10 Chair Yoga 1:00 Bridge Tutorial 1:30 Rummikub	<b>6</b> Closed	<b>7</b>
<b>8</b>	<b>9</b> 10:00 SENIOR INFO 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>10</b> 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	<b>11</b> 8:45 Senior Fitness 9-11 Creativity Time 11:30 CHOICE CAFÉ/ Soup 1:00 COA Meeting	<b>12</b> 9-10 Chair Yoga 9:30 -10:30 Blood Pressure Clinic 10:00 Wii Bowling 1:00 Bridge Tutorial	<b>13</b> Closed	<b>14</b>
<b>15</b>	<b>16</b> 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>17</b> 9-12 Nails w/ Kendra 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	<b>18</b> 8:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH 12:30 St. Patrick's Day Entertainment 1:30 Bingo	<b>19</b> 9-10 Chair Yoga 10:00 Wii Bowling 1:00 Bridge Tutorial 1:30 Rummikub	<b>20</b> Closed	<b>21</b>
<b>22</b>	<b>23</b> 8:30 Senior Breakfast 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>24</b> 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	<b>25</b> 8:45 Senior Fitness 10-11 Fun with Buttons 11:30 CHOICE CAFÉ/ Soup 1:30 Bingo	<b>26</b> 9-10 Chair Yoga 10:00 Wii Bowling 1:00 Bridge Tutorial	<b>27</b> Closed	<b>28</b>
<b>29</b>	<b>30</b> 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>31</b> 9:30-12 Bridge/Dominos 1-3 Painting 5:00 Senior Fitness	<b>DROP IN CAFÉ MONDAY - THURSDAY 9 AM TO NOON</b>	<b>For a SHINE Appointment Call 978-425-1390</b>		