



# Shirley Council on Aging

Volume: 8

NEWSLETTER

Issue: 4

## APRIL 2016

Senior Center • 9 Parker Road • Shirley, MA 01464

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



*We all shine with our own small light.  
Together we blaze like the sun.*

April is Volunteer Appreciation Month and I want to take this opportunity to showcase some of the wonderful people who devote their time to keeping our Senior Center going and bettering the lives of Shirley seniors. You'll see photos of just some of the nearly 100 people who generously gave of their time and energy last year. From helping with meal programs to driving seniors to medical appointments for our Angels on Wheels program, volunteers show up each day, week in and week out to pitch in where needed. It could be running one of our programs, as **Shirley Deyo** has done for our Wii Bowling program for many years, or setting up tables and chairs for meals like **Ray Gagnon**. **Charlie and Carolyn Waite** help **Chip** make the breakfast every month and **Rhoda Dow** helps to serve it. **Doreen Quintiliani** makes our newsletter look beautiful every month and **Cyndi Furman** is the proofreader who catches our errors.

And don't forget that our Board members are volunteers, too. Not only do they come to meetings each month, sharing insights and guiding policy, they also help out at meals and other events. There are too many to mention the names of all of our unsung heroes, but the next time you see a Senior Center volunteer, please say thank you! And on behalf of the Council on Aging and Shirley seniors, I thank you for your selflessness, your time and your caring. Thank you all!

If you want to join our volunteer team, give us a call or better yet, drop by! Volunteering can help keep your mind and body active and bring some fun and purpose to your life. Join us! Right now we need someone to be a co-leader for our new walking group, someone who is willing to fill in if the leader can't be there. Give us a call if you'd like to be involved. We also need servers to help with lunch and someone to stay and help with clean up. Or maybe you'd like to be a greeter for a couple of hours a week, welcoming seniors and reminding them to sign in? Call us and learn about the possibilities and opportunities to be involved. Do something that makes you feel good!

*Kathryn*



Joe Nickerson



Shirley Deyo



Ray Gagnon

**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*

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*MaryLou Clark, Joyce Patton,  
Barbara Lugin, Helen Kramer,  
Sandy Marcinkewicz, Joellen Sheehan  
Tony Bucca*

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*MaryLou Clark*

**CAFÉ**

*Barbara Perry*

**MEALS ON WHEELS**

*William Schold, Elisabeth Dinning,  
Dick Eayrs, Jessica Myshrall,  
Rob Fleming*

**MEDICAL EQUIPMENT COORDINATOR**

*Hans Onsager*

**NEWSLETTER EDITOR**

*Doreen Quintiliani*

**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, Joyce Patton, Kendra Dumont, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quilty, Vi Burnley, Nancy Siedliski, MaryLou Clark, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Claudette Williams, Bob Steiner, Tony Bucca, Beverly Smith and Barbara Lugin

**Newsletter Distribution:** Ray Gagnon and Melissa Slattery

**Donations:**

Susie Joly, Christine Saball, Tony Bucca, Fran Gray, Sandy and Gene Wixom, Joyce Patton, Jodie Rachman, Lee Whiting, Doreen Quintiliani, Kathleen Daly, Bob Eldridge, Stephen Holbein, Carolyn and Charlie Waite, Marion Wood, Bob McBrine, Chet & Maryjane Pauley, Joe Gonynor and Alice West.

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

**Newsletter:**

Cyndi and Dan Furman, Kathryn Becker, and Doreen Quintiliani

*Café Wish List*



The Senior Center is a Green Operation  
*Recyclable Donations Please*

**Plastic Utensils**

**Coffee - Regular and Decaf**



**DON'T FORGET!**

**Veteran’s Breakfast ~ Monday, April 4th ~ 8:30 a.m.**

**Senior Lunch ~ Wednesday, April 20th ~ 11:30 a.m.**

**Senior Breakfast ~ Monday, April 25th ~ 8:30 a.m.**

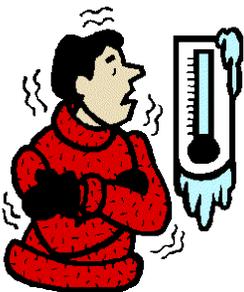


**Outreach Corner**

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.*

The Director 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 the Council on Aging office at **978-425-1390**. She is available at the Senior Center at 9 Parker Rd., Mondays from 1-5 and Tuesdays from 9-1. All information shared is confidential.



**Fuel Assistance Program**

Winter has finally arrived, and if you are having trouble paying your heating bills, please consider applying for Fuel Assistance. The Fuel Assistance Program runs from November 1 to April 30, and applications are being accepted now. Look at the income requirements below to see if you might be eligible.

Eligibility is based on the size of the household and the combined gross income of its members. The income eligibility limit for an individual—\$33,126; for two persons—\$43,319; for three persons—\$53,511.

**TO APPLY:**  
Call New England Farm Workers' Council at **978-342-4520**.

If you are a homebound senior, please call the Senior Center at 978-425-1390 and the Outreach Worker will come to your home to help you apply.

**Shirley Oil Heat Assistance Program (SOHAP)**

The Town of Shirley is offering assistance to low and moderate income residents of Shirley who heat their homes with oil. If you have exhausted your fuel assistance benefits from New England Farm Workers Council or if you were over-income for LIHEAP benefits through New England Farm Workers Council, but your total household income is less than \$48,800 for one person or \$55,800 for two people, you may qualify. Eligibility is based on household size and total gross income.

**Call the Senior Center for more information at 978-425-1390.**



**Good Neighbor Energy Fund  
Salvation Army**

This program is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is over-income for LIHEAP fuel assistance.

Call the Salvation Army at 800-334-3047 to apply. If you are homebound, call the Senior Center at 978-425-1390 and the Outreach Worker will help you apply.

**NEWS FROM SHINE**

**Prescription Drug Costs too High?**

**Our SHINE Counselor will be available by appointment on April 21st  
Call us at 978-425-1390**

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the Shirley Senior Center at 978-425-1390.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491	\$13,640
Couple	\$2,011	\$27,250

**Social Security contact information:  
1-800-772-1213 or  
apply online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)**



# VETERANS' CORNER

*...from Mike Detillion,  
Shirley Veterans' Officer*

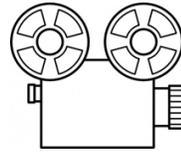


The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

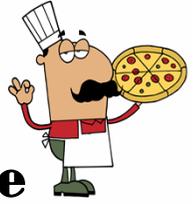
For an appointment:  
**Call: 978-425-2600 x280**  
**Appointments: Anytime**

**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



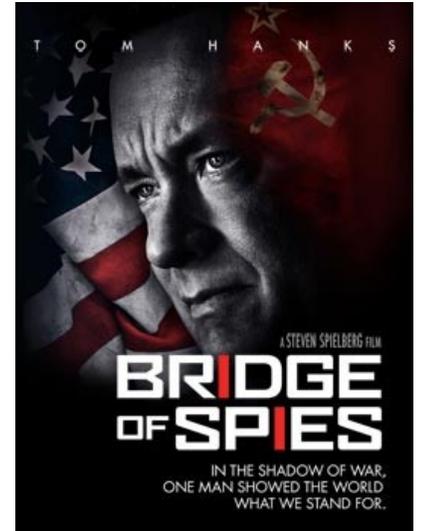
**@ Your Senior Center**

### Bridge of Spies

*Wednesday, April 6th  
11:00 a.m.*  
Cost: \$2.00

**Director:** Steven Spielberg  
**Starring:** Tom Hanks, Alan Alda, Mark Rylance

During the cold war, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet-captured American U2 spy plane pilot, Francis Gary Powers.



### Attention: Shirley Senior Veterans

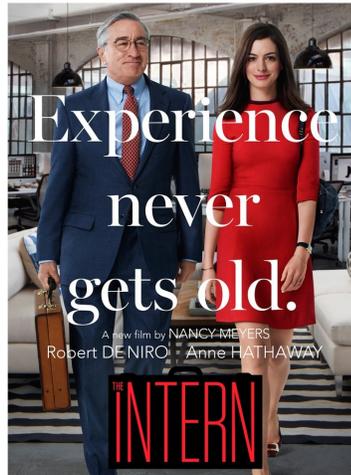
The Shirley Council on Aging cordially invites you to our monthly



**Veterans' Breakfast**  
**Monday, April 4th**  
**8:30 a.m.**

Shirley Senior Center  
9 Parker Rd

This is a FREE breakfast made possible by  
The Shirley Charitable Foundation &  
Friends of Nashoba Valley Medical Center



### The Intern

*Wednesday, May 4th  
11:00 a.m.*  
Cost: \$2.00

**Director:** Nancy Meyers  
**Starring:** Robert De Niro, Anne Hathaway, Rene Russo

Seventy year old widower, Ben Whittaker, has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game he becomes a senior intern at an on-line fashion site.



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

### Blood Pressure Clinic

**Thursday, April 7th from 9:30-10:30 a.m.**



**Wednesday, April 20th  
11:30 a.m.**



Cost \$3.00

*No reservations necessary*

*Get Connected to Stay Connected*

**Teen Techs can help!**

April 7th at 3 p.m.

Do you want to learn how to **Skype** with your grandchildren? Use **Facebook** so that you can stay connected with your family and see all of the photos they post? How about texting, **emailing or sharing photos**? Students from Ayer-Shirley Regional High School will be on hand to help you one-on-one. Bring your smart phone, tablet or lap top and learn how to stay connected!

You must register!

Call **TODAY 978-425-1390**

or email: [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)



Join us for a great afternoon watching the

**Red Sox Home Opener**

**As the Sox play the Baltimore Orioles**

April 11th at 1 p.m.

Fenway Franks, Peanuts, Popcorn,  
Chips, Drinks and Dessert

Donation: \$1.00



Immediately Following Lunch:

**Comedian David Shikes** shares humorous stories and jokes about life in New England and promises to be funny while remaining appropriate!

## Walking Group for Seniors

Is one of your goals this spring to get in better shape? Walking is one of the best ways to get regular exercise and anyone can do it. Walking with a group can help motivate you to stick with an activity program, and walking with friends is fun! Join us!

**Every Tuesday and Thursday morning at 9 a.m.  
Beginning April 19th**

**Fair weather walking only - No rainy days ; )**  
Meet at the parking lot by Taylor Athletic Fields (off Hospital Road). Wear comfy shoes, bring water and your cell phone (if you have one).



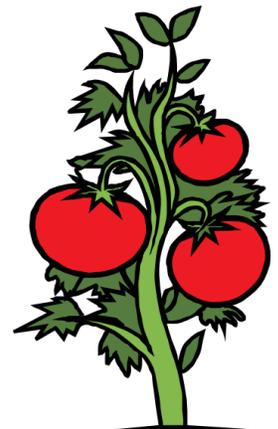
## SIGN UP NOW!

**To take part in our  
Senior Center  
Garden**

*Share the work!*

*Share the fun!*

*Share the food!*



Call 978-425-1390 or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)

Café Open Mon.-Thurs.  
from 9AM to Noon

April 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>DROP IN CAFÉ</b> Mon.-Thurs. 9 AM to NOON	<i>For a SHINE</i> <i>Appointment</i> <i>Call</i> <i>978-425-1390</i>			1 Closed	2
3	4 8:30 <b>VETERANS' BREAKFAST</b> 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	5 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring Group 1:00 Matter of Balance	6 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:00 <b>Pizza &amp; A Movie</b> "Bridge of Spies" 1:00 Bingo	7 9:00 Chair Yoga 9:30 <b>Blood Pressure</b> 10:00 Wii Bowling 11-1 Bridge Tutorial 3:00 TEEN TECHS	8 Closed	9
10	11 9:00 <b>VOLUNTEER BREAKFAST</b> 11-12 Qigong 1:00 <b>RED SOX HOME OPENER</b>	12 9:30-12 Bridge/Dominos 1:00 "Let's Talk" Discussion Group 1:00 "Outside the Lines" Coloring Group 1:00 Matter of Balance	13 8:45-9:45 Senior Fitness 9-11 Creativity Time 1:00 COA Meeting	14 9:00 Chair Yoga 10:00 Wii Bowling 11-1 Bridge Tutorial 1-3 Rummikub	15 Closed	16
17	18 <b>PATRIOT'S DAY</b>	19 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring Group 1:00 Matter of Balance	20 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 <b>SENIOR LUNCH</b> 12:30 David Shikes, Comedian 1:30 Bingo	21 9:00 <b>Walking Group</b> 9:00 Chair Yoga 9:00 <b>SHINE</b> 11-1 Bridge Tutorial	22 Closed	23
24	25 8:30 <b>SENIOR BREAKFAST</b> 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	26 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring Group 1:00 Matter of Balance	27 8:45-9:45 Senior Fitness 9-11 Creativity Time 1:00 Bingo	28 9:00 <b>Walking Group</b> 9:00 Chair Yoga 10:00 Wii Bowling 11-1 Bridge Tutorial 1-3 Rummikub	29 Closed	30