



Shirley Council on Aging

Volume: 8

NEWSLETTER

Issue: 5

MAY 2016

Senior Center • 9 Parker Road • Shirley, MA 01464

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

Happy Mother's Day to all of the mothers, grandmothers, and great-grandmothers out there! If you're lucky enough to still have your mother with you, please thank her for all she's done for you and your family and make her day special.

A heartfelt thank you to all of our Veterans for your service, past and present. For all who have given and sacrificed—we salute you! Please note: We will be closed May 30th in honor of **Memorial Day**, and there will be NO Senior Breakfast in May.

Now that spring's here you may be finding some odd jobs that need to be done around the house. If that's the case, and there's something you aren't able to take care of, help is on the way! The **Catholic Heart Work Camp** will have volunteers in our area from June 20-23. Their labor is FREE—you only have to buy the materials. Look for more details inside this newsletter.

Are you trying to lose those extra pounds you gained over the winter? Join our **Weight Loss Group** for support in losing weight or maintaining your weight. The first meeting is May 17th at 1 p.m. Join our **Walking Group** every Tuesday and Thursday at 9 a.m. Walking is one of the best ways to get regular exercise, anyone can do it and walking with friends is fun!



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.

If you have a little extra time to give this spring, think about joining 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. This is 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

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

BOOKMOBILE

MaryLou Clark

CAFÉ

Barbara Perry, Fran Gray

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, Barbara Lugin and Juanita Fields

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



Desert Size Paper Plates

Coffee - Regular and Decaf



DON'T FORGET!

Veteran's Breakfast ~ Monday, May 9th ~ 8:30 a.m.

Senior Lunch ~ Wednesday, May 18th ~ 11:30 a.m.

No Senior Breakfast in May



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.



Care Guides Available for Families of People with Alzheimer's Disease

Available for download at no cost from the Alzheimer's Association

The **Alzheimer's Association, MA/NH Chapter** has an array of resources for families and individuals at each stage of Alzheimer's Disease. These comprehensive guides allow families to address the specific issues they are currently experiencing. If you are not sure which guide is best for you, please call the 24/7 Helpline at 800-272-3900.

Taking Control: A Guide for Early Stage Alzheimer's Disease

Family Care Guide: A Care Guide for Families of People with Alzheimer's Disease

To download the guides go to:
www.alzmass.org/care-guides.html

The Alzheimer's Assn. home page is located at:
www.alz.org/manh/
and they can be reached at **800-272-3900**.



**Senior Info
May 16th
at 10 a.m.**

Pamela Connolly
of Home Instead
and
Chief Thomas Goulden
of Shirley Police Department

**"Fraud Tool Kit"
How to Avoid Being Scammed!**

NEWS FROM SHINE

Need Help with the Cost of your Prescription Medications?

**Prescription Advantage can Help!!
Our SHINE Counselor will be available
By appointment on May 12th
Call us at 978-425-1390**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. **There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org.



D'Ambrosio Eye Clinic
Thursday, May 12th 9:30-10:30 a.m.
Be checked for glaucoma and cataracts



The Choice Café

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council that is “Light and Nutritious” - perfect for the warmer months ahead. There is a voluntary donation of 3.00 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 Mon. at 10 a.m. to reserve for the following Wed. lunch or just sign-up here at the Senior Center. Come enjoy a nutritious meal at a low price!

May 11th menu is:

Seafood Asian Slaw, Hoisan Black Bean Salad and Cucumber Salad

May 25th menu is:

Chicken Caesar Salad, Grated Parmesan Cheese, Mandarin Oranges



Celebrate May Day and make a May Basket

For yourself or a loved one!

Instructor: Tara Rivera

of Navicare

May 11th at 10 a.m.

No Cost

Please register at 978-425-1390

or coordinator@shirley-ma.gov



SIGN UP NOW!!

Catholic Heart Work Camp 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 20-23**. Their labor is **FREE**—you only have to buy the materials! They can do chores such as yard clean up, 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. This program is for those who cannot do the work themselves and would have difficulty paying someone else to do it.

Volunteer Appreciation Breakfast

In April, the Shirley Council on Aging held our First Annual Volunteer Appreciation Breakfast at Nashoba Tech in Westford to celebrate our amazing group of Senior Center volunteers. It has been a privilege to know and work with such a strong group of committed supporters—every one of them making a difference in the lives of Shirley seniors.

Our Chair, Don Parker, presented Board of Selectman Chair, Bob Prescott, and Selectman and Senior Center volunteer Kendra Dumont with a symbolic check for \$73,500 representing the monetary value of the combined 4,900 hours of volunteer service given by all of our volunteers last year.

Thank you to all of our volunteers for your generosity, your time and your caring. Bravo! Look what we can do together!!



VETERANS' CORNER

...from Mike Detillion,
Shirley Veterans' Officer

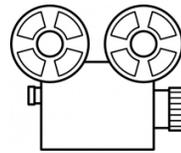


The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

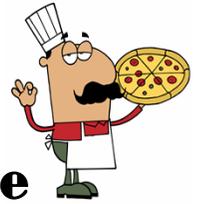
For an appointment:
Call: 978-425-2600 x280
Appointments: Anytime

Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building

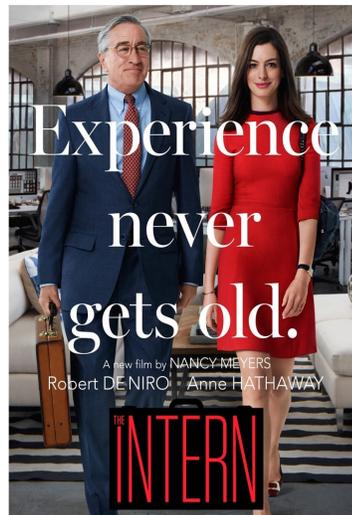
Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



Pizza & a Movie



@ Your Senior Center



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.

Attention: Shirley Senior Veterans

The Shirley Council on Aging cordially invites you to our monthly



Veterans' Breakfast

Monday, May 9th
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

Brooklyn

Wednesday, June 1st
11:00 a.m.

Cost: \$2.00

Director: John Crowley
Starring: Saoirse Ronan,
Emory Cohen,
Domhnall Gleeson

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.



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

Blood Pressure Clinic

Thursday, May 12th from 9:30-10:30 a.m.



Wednesday, May 18th
11:30 a.m.

Guest Chef:
Karen Zimmerman
of Groton Wellness Cafe



Menu

Homemade Chicken Rice Soup
Garden Salad
Egg Salad Sandwiches
Dessert
Cost \$3.00

No reservations necessary

Entertainment

** Immediately Following Lunch **

“Walter Derry”
Musical Entertainment

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.

Get a FREE pedometer to count your steps!

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).

Get Connected to Stay Connected

Teen Techs can help!

May 11th 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

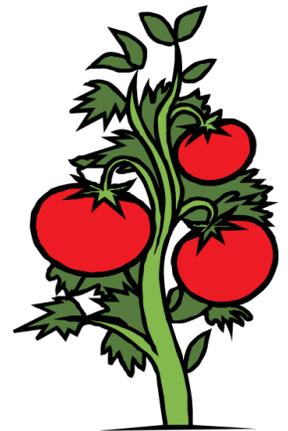
SIGN UP NOW!

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

NEW!

Weight Loss Group

Are you trying to lose those extra pounds you gained over the winter or have you reached your goal and are looking to maintain your loss? Join a group of people who are looking to each other for support in this endeavor. There will be no specific diet(s) recommended only what has been working for you.

We will share the latest research and advice to get the weight off and keep it off. Research shows that support is an important factor in weight management. Join us for great discussions and support.

May 17th at 1 p.m.

SIGN UP: Call 978-425-1390

COADirector@shirley-ma.gov

Or stop in!

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

May 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	3 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring	4 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:00 PIZZA & A MOVIE "The Intern" 1:00 Bingo	5 9:00 Walking Group 10:00 Wii Bowling 11-1 Bridge Tutorial	6 Closed	7
8	9 9:00 VETERANS' BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	10 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring 1:00 "Let's Talk" Discussion Group	11 8:45-9:45 Senior Fitness 10-11 MAY BASKETS 11:30 Choice Café 1:00 COA Meeting 3:00 TEEN TECHS	12 9:00 SHINE 9:00 Walking Group 9:30 Blood Pressure & Eye Clinic 10:00 Wii Bowling 11-1 Bridge Tutorial	13 Closed	14
15	16 10-11 SENIOR INFO "Fraud Tool Kit" 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	17 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring 1:00 Weight Loss Group	18 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH 12:30 Walter Derry/Music 1:30 Bingo	19 9:00 Walking Group 9:00 SHINE 10:00 Wii Bowling 11-1 Bridge Tutorial	20 Closed	21
22	23 NO BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	24 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring	25 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 Choice Café 1:00 Bingo	26 9:00 Walking Group 10:00 Wii Bowling 11-1 Bridge Tutorial	27 Closed	28
29	30 CLOSED 	31 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring	DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON	For a SHINE Appointment Call 978-425-1390	Closed	