



Shirley Council on Aging

Volume: 8

NEWSLETTER

Issue: 2

FEBRUARY 2016

Senior Center • 9 Parker Road • Shirley, MA 01464

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



Did the Groundhog see his shadow?

Well, don't worry whether or not we will have six more weeks of winter; there's plenty going on at the Senior Center on a cold, wintry day!

A warm cup of coffee on a cold day, a hot game of cards or scrabble and some friendly conversation are nice ways to spend a cold winter's morning. Drop by the **Senior Drop-In Cafe** Mon.-Thurs. mornings from 9-12 and visit with old friends and make new ones. We have coffee, pastries and there's free bread for the taking from Panera and Hannaford. Stop in and get warm!

Speaking of cold weather, **Sand-4-Seniors** is running again this winter thanks to Boy Scout Troop 7 and the Shirley DPW. If you need a sand bucket, give us a call at the Senior Center at 978-425-1390 and be put on the delivery list.

Our new **Outreach Worker, Joanne Boudreau**, is here every Monday from 1-5 and Tuesday from 9-1 to answer your questions about programs and services available for seniors. If you're having trouble paying heating bills, give her a call and see if you qualify for Fuel Assistance.

Do you have a hour or two to volunteer at the Senior Center? Volunteering can improve your mind and body, and bring fun, fulfillment and purpose into your life! Right now we are in need of a Bingo Assistant from 1-3 on a couple of Wednesdays each month and someone to help out with our monthly Pizza/Movie program on the first Wednesday of the month. Want to help out in the kitchen or be a greeter? Contact Kathy at the Senior Center and learn about the possibilities and opportunities to help Shirley seniors. Do something that makes you feel good!

As always, I invite you to stop by and say hello—my door is always open and I want to hear what else we can do to serve you better. Hope to see you here soon!

Kathryn

In Case of Severe Weather: The Emergency Call List

Do you worry about what to do in case of a power outage? Would you stay with family and friends or would you stay at home and weather the cold? Maybe your family lives some distance and you could use someone to check on you.

The Town of Shirley wants to be certain Shirley seniors stay safe. The Emergency Call List is a way for the Council on Aging to keep track of those seniors who are most likely to need assistance during an emergency. Registration forms are available at the Senior Center or you may call the COA office to have one mailed to you at 978-425-1390. Please consider filling out this form if you live alone or have a chronic health condition that could leave you vulnerable during an extended power outage. The form may be dropped off or mailed to the Shirley COA at 9 Parker Rd.



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

OUTREACH WORKER

Joanne Boudreau

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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, and Bob Eldridge

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



Coffee Cups

Plastic Utensils

Coffee (regular)



AARP Tax Preparation ~ February and March

Please call the Senior Centers below for appointments.

Lunenburg: 978-582-4130

Townsend: 978-597-1710

Pepperell: 978-433-0326

Groton: 978-448-1170



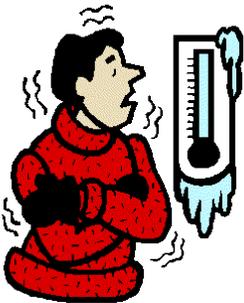
Outreach Corner

Joanne Boudreau, 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.

Joanne 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 Joanne at 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 for an individual—\$33,126; for two persons—\$43,319; for three persons—\$53,511.

TO APPLY:

Call New England Farm Workers' Council
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.

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.



Sand-4-Seniors

Once again, thanks to the generosity of the Boy Scouts from Troop 7 and the Shirley DPW, we will be offering Sand 4 Seniors. Any senior who would like a bucket of sand delivered to their home should contact the Senior Center at 978-425-1390. Please leave your name, address and phone number and we will have a scout drop off the bucket as soon as possible.

If you have a bucket left from last year, please let us know so that we may pick up the used bucket when the new one is dropped off.



**Senior Info
February 8th at 10 a.m.**



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

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

NEWS FROM SHINE

Can I still change my Medicare Plan?

Our SHINE Counselor will be available

by appointment on

February 18th

Call us at 978-425-1390

For plan year 2016 the Tufts Medicare Preferred Plan has been designated as a 5-star plan by Medicare, as a reward for the excellence of their plans. Basically, this means that Medicare beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

If you have Medicare Advantage, between January 1 and February 14 you can leave your plan and switch to Original Medicare but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.



Senior
Lunch

Wednesday, February 17th
11:30 a.m.

Guest Chef:
Jodie Rachman

Menu



Homemade Creamy Tomato Basil Soup with
Tortellini and Mini-Meatballs
Caesar Salad
Hot Rolls and Butter
Assorted Homemade Cookies and Cupcakes

Cost \$3.00

No reservations necessary



Dining Coordinator

12 hours per month
(with possibility of more hours)
\$11.00/hr.

Help with coordinating, set up and serving of meals.

Call Kathryn at 978-425-1390 or
coadirector@shirley-ma.gov

Valentine's Entertainment
** Immediately Following Senior Lunch **

Music is Love

Featuring:
Dawn Kelly and Dick Miller

DON'T FORGET!

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

Senior Lunch ~ Wednesday, February 17th ~ Noon

Senior Breakfast ~ Monday, February 22nd ~ 8:30 a.m.

VETERANS' CORNER

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



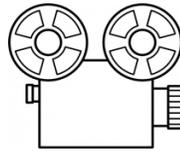
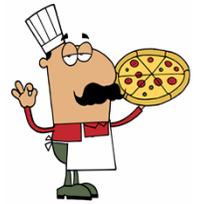
The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

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.

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



**February 3rd
11 am**

“The Age of Adaline”

The Age of Adaline
Wednesday, February 3rd
Cost: \$2.00

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

Director:
Lee Toland Krieger

Starring:
Blake Lively, Michiel Huisman,
Harrison Ford, Ellen Burstyn,
Kathy Baker



Attention: Shirley Senior Veterans

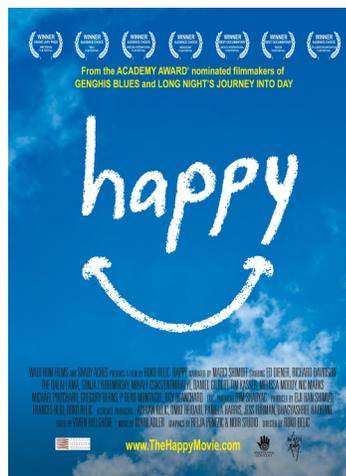
The Shirley Council on Aging cordially invites you to our monthly



Veteran's Breakfast
Monday, February 8th
8:30 a.m.

Shirley Senior Center
9 Parker Rd

This is a **FREE** breakfast made possible by The Shirley Charitable Foundation and Friends of Nashoba Valley Medical Center
Served on the second Monday of each month



The Happy Movie
Wednesday, March 2nd
\$2.00

This film will make you happy! Funded and executive-produced by comedy-directing legend Tom Shadyac, we are taken around the globe in search of what it means to be happy...and we find it! It is hard to put into words what he has accomplished in this riveting and eye-opening documentary, but we see and feel that true happiness

is pretty easy to attain. Do yourself and your loved ones a favor. SEE THIS FILM/EXPERIENCE!

Director: Roko Belic

Starring: Anne Bechsgaard, Gregory Berns, Roy Blanchard



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

Blood Pressure Clinic
Thursday, February 11th from 9:30-10:30 a.m.



Valentine's Day Gift Bag

For yourself or a loved one!
Filled with chocolate & candy

Instructor: Tara Rivera of Navicare
February 3rd at 9 a.m.
No Cost

Please register at 978-425-1390 or coordinator@shirley-ma.gov





Adventures in Art ! Charcoal Drawing

Adventures in Art is an art class where the emphasis is on self expression and trying new ideas and techniques in painting and drawing.

The current session explores using charcoal. No experience is necessary! This class is open to all levels and if you don't have art materials, they will be supplied.

Tuesdays at 1 p.m. *Instructor: Joanne Boudreau*
Cost: \$40.00 per session / drop in rate: \$8.00/class

Soap-making Workshop

Instructor: Kim Houston of Kim's Custom Soaps

Learn to make natural soap with your own label and wrapping

February 10th at 10 a.m.
\$10 includes materials

Please register at 978-425-1390 or coordinator@shirley-ma.gov



To Celebrate
Valentine's Day

Bring in your wedding photo (framed)
or a photo of you and your sweetheart.

February 8th

We will display them all on a table for
two weeks for everyone to enjoy!
We'd love to hear your stories!



**Shirley needs some help
serving its Seniors!**

**Do you have a few hours to spare?
Would you like to do something
rewarding, meet new people, and
have some fun?**

Join Us!

Interested? **978-425-1390** or
email: coordinator@shirley-ma.gov

- Movie committee
- Bingo helper
- Kitchen helper
- Clean –up (*after meals*)
- Café (*make coffee, serve refreshments*)
- Greeter



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

February 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	2 9:30-12 Bridge/Dominoes 1-3 Adventures in Art	3 8:45-9:45 Senior Fitness 9-10 Valentine Craft-Gift Bag 11:00 Pizza & A Movie "The Age of Adaline" 1:00 Bingo	4 9:00 Chair Yoga 10:00 Wii Bowling	5 Closed	6
7	8 8:30 VETERAN'S BREAKFAST 10 a.m. Senior Info 11-12 Qigong 1-4 Card Game Time	9 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring Group 1-3 Adventures in Art	10 8:45-9:45 Senior Fitness 10-Noon Soap-Making Workshop 1:00 COA Meeting	11 9:00 Chair Yoga 9:30 Blood Pressure 1-3 Rummikub 1-3 Bridge	12 Closed	13
14	15 Closed President's Day	16 9:30-12 Bridge/Dominoes 1-3 Adventures in Art	17 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH "Music is Love" Entertainment 1:30 Bingo	18 9:00 Chair Yoga 9:00 SHINE	19 Closed	20
21	22 8:30 SENIOR BREAKFAST 11-12 Qigong 1-4 Card Game Time	23 9:30-12 Bridge/Dominoes 1:00 "Let's Talk" Discussion Group 1-3 Adventures in Art	24 8:45-9:45 Senior Fitness 9-11 Creativity Time	25 9:00 Chair Yoga 1-3 Rummikub 1-3 Bridge	26 Closed	27
28	29 11-12 Qigong 1-4 Card Game Time		<i>For a SHINE Appointment Call 978-425-1390</i>	DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON	Closed	