



Shirley COA CENTER

Volume: 10

NEWSLETTER

Issue: 9

SEPTEMBER 2018

Address• 9 Parker Road • Shirley, MA 01464

Phone: 978-425-1390 • Fax: 978-425-1392 • Email: coadirector@shirley-ma.gov

Welcome to the Shirley Center for Active Living



**"Happily we bask in this warm September sun,
Which illuminates all creatures..."**

- Henry David Thoreau

Welcome Michelle Oelfke, COA Aide



Michelle will be working eight hours a week helping to keep our Center running smoothly.

GO 4 WALK

Family Fun Walk event. Rain or shine.
SUNDAY, September 9th, at 2:00 pm.

Meet at the Senior Center for a walk
on the Holdenwood Trail

Note: September 9th is Grandparents' Day. Take your grandchildren to walk with you.

Light refreshments and handouts, too.



Round Table 'Chatter' returns on Monday, September 10th
at 9:30 am

Senior Center Hours

Monday—Thursday
8:30am—3:00pm

Mission Statement of the Shirley Senior Center:

“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”

Senior Center Staff and COA Members

INTERIM DIRECTOR

Ann Towne

OUTREACH ASSISTANT

Elisabeth Dinning

COA AIDE

Michelle Oelfke

VAN DRIVERS

Doug Perry, Priscilla Tarbell and Robert Salafia

VAN DISPATCHER

Scott Harmon

COUNCIL ON AGING CHAIRMAN

Helen Kramer

VICE CHAIRMAN

Don Parker

SECRETARY

Lynne Charleston

MEMBERS

*Joyce Patton, Barbara Lugin, Sandy Marcinkewicz,
Tony Bucca, Constance Schweitzer, Mary Lou Clark*

KITCHEN COMMITTEE

Mary Lou Clark, Shirley Deyo, Janice Snow, Sally Hamel

CAFÉ

Barbara Perry, Sally Hamel

MEALS ON WHEELS

*Elisabeth Dinning, Rob Fleming, Melissa and Dave
Dentino, Heather Black, Jim Yocum & Dave Stopelman*

ANGEL RIDE DRIVERS

Janice Snow and Mary Lou Clark

MEDICAL EQUIPMENT COORDINATOR

Hans Onsager

SUNSHINE LADY

Elaine Quinty

BOOKMOBILE

MaryLou Clark

NOTARY SERVICE

*Patricia Krauchune (by appointment)
Cell 508-612-6371*

**NEXT COA Board meeting is Thursday, September 13th at
11:00 am at the Senior Center.
Meetings are open to the public.**



*We appreciate support from our contributors.
We would not have Your Center without you!*

Vendors:

Panera Bread, Hannaford, Mitrano Dumpster Removal, Turf Logic,
Village Pizza & Senior Newsletters

Our Food Donation Pick-up Team:

Ray Gagnon, Bill Dow, Janice Snow, Charles Waite & Jim Lanteigne

Newsletter Team:

Cyndi Furman, Barbara Lugin & Senior Newsletters!

Newsletter Distribution by: Ray Gagnon, Melissa Slattery,
Mary Lou Clark and Helen Kramer

Our Newsletters are available at the Town Offices, Library, Senior
Center, various stores in the Village, and other locations. You may
request that a copy be mailed to you or be sent via e-mail by calling
Ann at 978-425-1390.

Thank you Senior Breakfast team: Chip Guercio and helpers
Charlie and Carolyn Waite, Rhoda Dow, Janice Snow, Shirley Deyo,
Sally Hamel, Alice West and Helen Kramer

Donations:

***Thanks to everyone who has given donations to
support the Center's continuation of programs.***

Café Wish List



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

Thank you Town of Shirley,
Residents and Elder Affairs Office



COME SEE US SOON...

DON'T FORGET!

**No Veterans' Breakfast this month
Lunch Cafe - Wednesdays 9/19/18 posted in Café
Seniors' Breakfast - Monday, September 24th at 8:30 am**

Outreach at the Shirley Senior Center

Elisabeth—Outreach Assistant

Telephone: (978) 425-1390

Email: - edinning@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.

Outreach can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate for elders in need. If you or someone you know has questions or needs help, please call Outreach at the Council on Aging office at **978-425-1390**. Outreach is available at the Senior Center at 9 Parker Rd. **on Mondays and Tuesdays, but can be changed to other days with some advance notice.**

Who can help me bring nutritious meals to my table?

Visiting ***Loaves & Fishes Food Pantry*** can stretch your budget. All you need is proof of residence when meeting with a trained Steward.

Located at 234 Barnum Road in Devens, MA 01434
Phone number: 978-772-4627 and e-mail address:
office@loavesfishespantry.org

Open hours: Wednesday and Friday 9:45 AM to 12:30 PM
1st and 3rd Saturday 9:00 AM to 11:00 AM
2nd Tuesday 6:00 PM to 8:00 PM

If you need a ride, call our dispatcher ahead of time to make arrangements for our food pantry trip on Fridays.

The **Supplemental Nutrition Assistance Program (SNAP)** is another way to save on your food bill.

SNAP verification requirements are:

- ◆ Social Security Number
- ◆ Proof of Massachusetts residency
- ◆ Earnings and number of hours worked
- ◆ Other income
- ◆ Noncitizen status if not a U.S citizen

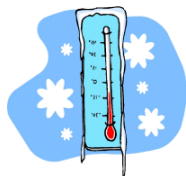
For more detailed information call the DTA Assistance Line at 877-382-2363 or visit their websites www.mass.gov/service-details/snap-verification or www.mass.gov/how-to/apply-for-snap-benefits.

Fuel Assistance Program

More information to come in mid October.

All programs are closed for the season, but the New England Farm Workers Council and the Good Neighborhood energy fund hope to be open soon.

Renewals may go out before the program itself opens. If you get a renewal in the mail and have questions, call the NEWFC at 978-342-4520 for help. **GNEF Does not renew. You must reapply.**



Importance of food and beverages during hot summer days!

Are you home alone thinking of all the fun things you used to do when you were younger? We can't turn the time back for you, but we can invite you to have some fun and action at the Senior Center.

We have a variety of programs and offer breakfast and lunches. You will find the dates on the calendar page of this newsletter. If you need a ride, call the Senior Center at 978-425-1390 to schedule a pick-up with our wheelchair accessible van.

If you are unable to leave your home, Meals on Wheels could be the solution.

You can receive warm meals, cold meals, and frozen meals prepared with consideration of your dietary needs. Weekend packages are also available.

For details and sign-up call MOC at 978-345-8501 ext. 2

Senior Lunch Café

**Wednesday,
September 19th at the
Senior Center Café.**

**Lunch will be ready at
11:30.**



**Cost is \$3.00 for regular lunch. Sponsored
lunches are free.**

**Please sign up at the Senior Center so we know
how many are coming and will have enough
food.**

THANK YOU TO ALL OUR HELPERS:

Lunch Committee:

Mary Lou Clark, Shirley Deyo, Janice Snow and
Sally Hamel

Meals on Wheels Drivers:

Jim Yocum, Elisabeth Dinning, Melissa and Dave
Dentino, Heather Black, Rob Fleming and Dave Stoppelman

Angel Ride Drivers:

Janice Snow
Mary Lou Clark

Receptionist/Greeters:

Adele Turnbull, Alice West

Panera Pick Ups:

Bill Dow
Charles Waite
Janice Snow
Jim Lanteigne

Hannaford Pick Ups:

Ray Gagnon

Food Shoppers for Breakfasts

Gene and Sandy Wixom

Food Shopper for Lunches

Shirley Deyo



Next Movie and Pizza will be held
September 5th, 2018

Movie starts at 10:30 am
Pizza served at 12:00 noon

Feature Movie is "THE AFRICAN QUEEN"

Coming in October...

Fall Craft Show

Fall Festival of Crafts
Monday, October 8th
9:00 am to 2:00 pm



Tables for rent \$10.00

Rent your own table or donate handmade
items for the Seniors' table.



More October Happenings

FREE RIDES ALL MONTH ON VAN TO/FROM CENTER

FLU CLINIC—October 11th—9:00 am to 11:00 am

FIRE DEPT. LUNCH—October 17th at 11:30 am

PAINT NIGHT—October 18th—watercolor painting
with Mike Devlin
5:30 pm to 8:00 pm
Pizza served as well
Fee: \$10.00

Sign up sheet at the Center

NOTE:

**Luncheon for residents aged 80 or
over** sponsored by Friends of
Shirley Seniors on September 6th at
Bull Run Restaurant at 11:30 am.
Invitations will be mailed out.



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.

VETERANS' BREAKFAST
Sponsored by Shirley Charitable Foundation
Will return on October 1st
at 8:30am

SHINE (Serving Health Insurance Needs of the Elderly)

Do you have questions about your Medicare coverage?

To make an appointment with our Shine Counselor for September 13th, you must first call the Center at (978) 425-1390.

Foot Care Clinic

Next session is Monday, September 24th at 10:00 am
Sign up at the Senior Center.

First visit free. Follow-up visits are \$35.00.

**COLORING FOR ADULTS**

Every Tuesday at 1pm
Materials supplied.
Come join the fun!

BIRTHDAY SOCIAL
Wednesday, September 26th



Last Wednesday of the month after Café Lunch
Sponsored by Susan Roser & Michelle Haggstrom

TRAVEL CLUB UPDATES...

SEPTEMBER travel event scheduled for **FRIDAY, SEPTEMBER 7**

Trip to Concord MA to include the following:
We will meet at the Shirley Center for carpooling at 10:45 am.

Lunch at the Fife and Drum Restaurant. This restaurant is run by the Concord prison's pre-release program (supervised by authorized personnel). Limited options for lunch (generally choice of 2 sandwiches, soup, and hot entrée), with total cost of **\$3.21 pp** (government funded). We will know and post the menu one 1 week prior to September 7. Arrival time at restaurant: 11:30 am, located on the Concord Rt. 2 Rotary

Concord Museum for a one hour guided tour, **\$10 pp**. Two floors (stairs, but also has an elevator) consisting of memorabilia from revolutionary time.

Arrival time: 12:45 to 1:00 pm located at 200 Lexington Road.

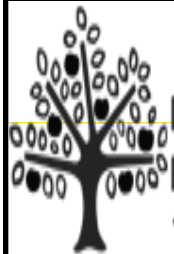
NOTE: The cost for both of the above events (**\$13.21 pp**) needs to be collected the week of August 27 with CASH only (exact amount please) and it's non-refundable. Collection times for payment at the Shirley Center will be posted on bulletin board.

We then proceed to . . .

"5 and 10 Cent Store", one of the last remaining of its kind, located in West Concord Center. Next door is a **dessert/ice cream shop** **"Reasons to be Cheerful"** (limited seating). Any purchases would be at your own expense. Arrival time: 2:30 pm located at 106 Commonwealth Avenue

Return to Shirley Center by 3:30 pm. This trip is limited to 25.

SEE BULLETIN BOARD at SHIRLEY CENTER for ACTIVE LIVING FOR OCTOBER TRIP TO LOWELL.



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

Next Blood Pressure screening is scheduled for Thursday, September 13th from 9:30 am to 10:30 am.

Let's play...

Card Players meet on Tuesdays
from 9:00 am to 12:00 pm

Wii Bowling is on Mondays at 12:15 pm and
Thursdays at 10:00 am

Games (anykind) on Thursdays starting Sept. 20th
from 10:00 am –12:00 pm

Board Game Night on Tuesday September 25th

Join us Mondays for Qigong!

Mondays 11:15 am-12:15 pm

Cost: \$50 for 8 Weeks or \$6.25 per class

What's Qigong? It is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training.

Instruction by Jeff Cote



A note from Ann Towne...

Healthy Incentives Program (HIP)

If you are using SNAP (Food Stamps) you are automatically enrolled in HIP.

HIP is a program that can help you buy more locally grown fruits and vegetables. When you buy fruits and vegetables with SNAP/Food Stamps at participating farmers markets, mobile markets, farm stands or Community Supported Agriculture (SCA) farm share programs, you will earn extra money on your SNAP/EBT card.

Depending on the size of your household, you can earn up to an additional \$40.00 per month for 1-2 member households, up to \$50 per month for 3-5 member households, and up to \$80 per month for households with 6 or more members—on top of your regular benefits.

For questions about how HIP works or where you can earn HIP incentives, please call Project Bread's FoodSource Hotline at 1-800-645-8333. More information about the program can be found online at: www.mass.gov/hip. Or you may also email at DTA.HIP@state.ma.us.

For questions or concerns regarding your SNAP/EBT card, call the number on the back of your card (1-800-997-2555).

FALL PREVENTION CLASS...Improve your balance, feel stronger, more confident and independent.

With instructor Jeff Cote

Every Thursday at 1:00 pm—2:00 pm.

COA MART VAN— wheel chair accessible

FREE RIDES TO AND FROM SENIOR CENTER

Please note: Dispatching hours for the van service are Monday through Thursday from 9:30 am to 1:30 pm.

Medical appointments are encouraged for Monday, Wednesday & Friday from 10 am to 2 pm.

Shopping Trips:

Tuesday—Whitney Field, Leominster, 10 am pick-up with 1 pm return

Thursdays— Week 1 Target in Leominster
Week 2 Trader Joes/Acton
Week 3 Walmart in Leominster
Week 4 Point Plaza in Littleton
Week 5 Walmart/Lunenburg

Fridays— Loaves and Fishes 9:15 am pick up with 11:30 am return.

*At least three people must be scheduled to go shopping to Walmart in Leominster. If not, van will go to Walmart in Lunenburg.

IN MEMORY OF

Robert H. Perry, Jr. (Bob)





Former COA van driver in Shirley

We'll miss your service to our seniors.

SEPTEMBER 2018 Shirley COA

NOTE:

We've scheduled Wednesday mornings for Creativity time but please know crafters are welcome everyday in the Café to work on your project.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
3 LABOR DAY HOLIDAY NO VETERANS' BREAK-FAST this month CENTER CLOSED	4 9:00 am Scrabble 9:00 am-12:00 noon Bridge/Dominos 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	5 9 am-11:00 am Creativity Time 10:30 am Movie and Pizza 1:00 pm Bingo	6 10:00 am Travel Club 11:30 am Bull Run Lunch over 80 1:00 pm - 2:00 pm Balance
10 9:30 am Round Table 'Chatter' 11:15 am - 12:15 pm Qigong 12:15 pm Wii Bowling 1:00 pm - 4:00 pm Card Games	11 9:00 am Scrabble 9:00 am-12:00 noon Bridge/Dominos 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	12 9 am-11:00 am Creativity Time 1:00 pm Bingo	13 9:00 am Shine 9:30 Blood Pressure Clinic 11:00 am COA Board Meeting 1:00 pm - 2:00 pm Balance
17 11:15 am -12:15 pm Qigong 12:15 pm Wii Bowling 1:00 pm -4:00 pm Card Games	18 9:00 am Scrabble 9:00 am-12:00 noon Bridge / Dominos 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	19 9 am-11:00 am Creativity Time 11.30 am Café Lunch 1:00 pm Bingo	20 10:00 am Wii Bowling 10:00 am -12:00 pm Games 1:00 pm-2:00 pm Balance
24 8:30 am Senior Breakfast 10:00 am Foot Care Clinic 11:15 am-12:15 pm Qigong 12:15 pm Wii Bowling 1:00 pm-4:00 Card Games	25 9:00 am Scrabble 9:00 am - 12:00 noon Bridge/Dominos 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike 6:00 pm-9:00 pm GAME BOARD	26 9 am-11:00 am Creativity Time Birthday Social at noon 1:00 pm Bingo	27 10:00 am Wii Bowling 10:00 am -12:00 pm Games 1:00 pm-2:00 pm Balance