



SHIRLEY SENIOR CENTER

9 Parker Rd, Shirley, Ma. 01464

978-425-1390

Fax 978-425-1392

Mon-Thurs. 8am-3pm



Volume: 1

MARCH 2023 NEWSLETTER

Issue: 3

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."



Center Staff

COA Interim Director: Ann Towne
Outreach Coordinator: Elisabeth Dinning
Dispatch/Admin Asst.: Michelle Oelfke
Van Drivers: Doug Perry, Priscilla Tarbell, Bob Lindgren

Council on Aging Board

Chair: Marie Elwyn
Vice Chair: Mary Wade
Secretary: Vacant
Members: Christine Andersen,
Hans Onsager, Vicky Landry

Board Meetings—2nd Monday of
Month at 11am

A note from Director's desk...

WELCOME TO YOUR CENTER

Marilyn Largey has resigned as COA Director. We thank Marilyn for her hard work. We wish success in her future endeavors.

We are happy to have her continue as our SHINE Counselor.

I am here as your Interim Director, along with my dedicated staff and amazing volunteers to support you with services and programs.

Let's work together to make our small Center a **big** success. Hope to see you soon!

-Ann Towne



SPRING JEWELS

amethyst petals

*scattered like bits of stained glass,
crocus in March sun.*

By Cyndi Furman 2023©

VOLUNTEERS WELCOMED...

Meals on Wheels, Kitchen Support
Applications are available at the Senior Center

Follow what's happening at the Shirley
Center for Active Living.
<https://www.shirley-ma.gov/council-aging>

Receive this Newsletter and important announcements
from Town Government via email. Follow the link
below to subscribe.

<https://www.shirley-ma.gov/subscribe>

March 2023

Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Assistant

Telephone: (978) 425-1390

Email: edinning@shirley-ma.gov



The Shirley Senior Center addresses the following Outreach topics and Social Services:
Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives,
Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.
If your needs and interest are not listed, please let us know so we can take them into consideration.

Please call Outreach at the Council on Aging office: 978-425-1390

Need help buying groceries? SNAP can help!

SNAP can help you buy healthy food.
It is fast & easy to apply
Buy food in stores & online (multiple
retailers)



Am I eligible for SNAP?

Household Monthly Gross Income Monthly SNAP
Maximum

Size	1	\$ 2,265	\$281
	2	\$ 3,052	\$516
	3	\$ 3,838	\$740

For more information/apply for SNAP:

Call us at the Shirley Senior Center or utilize the DTA
options:

DTA Connect.com

Phone 877-382-2363 Mon-Fri 8:15 am—4:45 pm

Mail or Fax a paper application [Mass.gov/SNAP](https://www.mass.gov/SNAP)

Fuel Assistance

Make Opportunity Count (MOC)

Is the new LIHEAP vendor for North Central
Mass.

You can now schedule an appointment to meet
with a representative from MOC at the
Shirley COA to complete your application.

CALL 978-342-4520 FOR AN APPOINTMENT

Or APPLY ONLINE:

<https://www.toapply.org/MassLIHEAP>

LIHEAP - Fuel Assistance Program/Home
Energy Assistance Program helps pay a portion of
eligible households' home heating
bill during the winter .

MOC is located at
601 River Street
Fitchburg, MA 01420
For information visit
<https://www.mocinc.org/>



Need help with your taxes?

For more information visit:

https://www.aarp.org/money/taxes/aarp_taxaide or

Or call the Shirley Senior Center at
978-425- 1390 for more information



MEALS ON WHEELS

Home delivered meals are available to seniors Monday
through Friday. Extra meals for the weekend are also
available.

SENIORS MUST meet MOC Qualifications in order to
receive meals.

Please call the Shirley Senior Center at (978) 425-1390
or the MOC main number (978) 343-6259 to sign up.

FOOD

Morning Café - everyday

Coffee, tea and assorted treats

Daily Newspapers

Donations welcome



Breakfast for Veterans (Free)

Monday, March 6th, 2023 8:30 –9:30 am

Eggs, Sausage, Pancakes and more. Cooked and served by our Shirley Police Department
Sponsored by Shirley Charitable Foundation

Breakfast with Chip!

Monday, March 26, 2023 8:30 - 9:30 am

Choice of Scrambled eggs, Westerns or French Toast
Includes Ham, Home fries, Fresh Fruit, and Beverage
Cost \$3.00

Pizza and Movie

Wednesday, March 1, 2023 11: am

MOVIE OF THE MONTH: REAR WINDOW

Note from Kitchen Crew...

We will prepare a lunch every Wednesday from 11:30 am to 12:30 pm

Until we have our stove inspected and cleaned, Menu will be simple but yummy. We will be working to provide you with guest lunches, too. We will be testing new ideas to offer you a simple daily lunch. It takes a lot of help to make this happen.

Must SIGN UP

Cost \$3.00



HEALTH AND WELLNESS



Monthly Wellness Check

March 9th

Second Thursday of the month 9:30 to 10:30 am.

Tamara Bedard
978-772-3335, ex. 340

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. *All ages are welcome to attend.*

THE SHINE PROGRAM

SHINE (Serving the Health Insurance Needs of Everyone)

Marilyn Largey, Certified counselor, is available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss **all options** related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment at the Center for the second Tuesday of the month, call our COA office or call the Regional Central Mass SHINE Office at 508-422-9931. Outside of Central Mass call 1-800-243-4636, press option 4.

A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail.

We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).

Funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs.

Join Senator John Cronin's Constituent Services Team

March 27th

8:30 am -10 am

Receive assistance with state related issues, share opinions on state policy or just say 'Hello!'

Beth Walsh,
Constituent Services Director
Office of John J. Cronin
State Senator, Worcester and Middlesex District

Conversations About Death and Grief.

**February 8th
Every 2nd Wednesday
of the month at 11 am**

Offering Friendship, Understanding and Hope with suggestions and techniques to help manage your grief. Conversations About Death is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally.



Walk- ins welcome.

For questions about this program please contact *Lucia Camera, Bereavement and Spiritual Care Provider with Nashoba Nursing Services and Hospice.* 508 -951 -3850.

FOOT CARE Clinic \$40



March 27th
By Appointment Only -978-425-1390
Appointments fill fast

ACTIVITIES

FREE EXCEPT WHERE NOTED

MONDAYS -	BOWLING 12 - 3 pm
TUESDAYS -	BRIDGE, DOMINOES, SCRABBLE - 9:00 am WATERCOLOR PAINTING with Mike Devlin-1:00 pm
WEDNESDAYS -	YOGA with Jeff- 8.30 am <i>Note: Co-pay</i> QiGONG- 10:00 am CRIBBAGE- 11:00 am PIZZA AND MOVIE first Wednesday of month - 11:00 am <i>Note: MOVIE: REAR WINDOW, COST \$3.00</i> DEATH & GRIEF second Wednesday of month - 11:00 am BINGO - 1:00 pm
THURSDAYS -	RESERVED FOR CRAFTS - 9:00 am to noon WELLNESS CLINIC Second Thursday of month - 9:30 am BALANCE, STRENGTH & FLEX with Jeff - 1:00 pm
FRIDAYS -	RESERVED FOR SPECIAL EVENTS

Stitch & CHAT GROUP

Thursday, March 15th 10:00 am

Do you like to knit, Crotchet, of Plarning?

We welcome all types of stitching. Join us
for friendly chatter and stitching.

To participate RSVP by calling or emailing
edinning@shirley-ma.gov 978-425-9131

**TELL US WHAT YOU WOULD LIKE
TO DO AND WE'LL TRY TO MAKE
IT HAPPEN!**



MARCH 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1
8:30 am Yoga
10:00 am Qigong
11:00 am Cribbage
11:00 am Pizza
And movie
1 pm Bingo

2
1:00 pm Balance. Strength & Flex.

3

4

5

6
8:30 am Veterans Breakfast
12:00 pm Bowling

7
9:00 Games
1:00 pm Water Color Painting

8
8:30 am Yoga
10:00 am Qigong
11:00 am Cribbage
1 pm Bingo

9
9:30 am Wellness Clinic
1:00 pm Balance. Strength & Flex.

10

11

12

13
11:00 am COA Board Meeting
12:00 pm Bowling

14
9:00 Games
1:00 pm Water Painting

15
8:30 am Yoga
10:00 am Qigong
11:00 am Cribbage
1 pm Bingo

9
10:00 am Stitch And Chat
1:00 pm Balance. Strength & Flex.

17



18

19

20
12:00 pm Bowling

21
9:00 Games
1:00 pm Water Painting

22
8:30 am Yoga
10:00 am Qigong
11:00 am Cribbage

23
1:00 pm Balance. Strength & Flex.

24

25

26

27
8:30 am Breakfast
10:00 am Footcare/Rsvp
12:00 pm Bowling

28
9:00 am Games
1:00 pm Water Painting

29
8:30 am Yoga
10:00 am Qigong
11:00 am Cribbage
1 pm Bingo

30
1:00 pm Balance. Strength & Flex.

31



WELCOME SPRING ON MARCH 20th...WEDNESDAY LUNCH IS BACK

SERVICES AND THINGS TO KNOW

Transportation

MART Van is a wheel chair-accessible van for residents age 60 plus or disabled.

\$1 EACH WAY

Medical Rides are prioritized

**Van Hours: Mon - Thurs 8:15 am - 4 pm
Fri 8:15 am - 11:30am**

To schedule your ride call Michelle
Monday -Thursday
from 8:30 am - 1:30 pm.
Or leave a message and she will confirm
your ride.
**24 -48 hour notice required for all rides.
978-425-1390**



VETERANS' ASSISTANCE

Mike Detillion, Shirley Veterans' Officer
Call 978-425-2600 x280

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

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 and burial assistance.

SAND FOR SENIORS

Need a bucket of sand?

Call the Center -(978)425-1390)

Delivered by the Fulhart family.

So you think you know Shirley! This column will challenge you every month with a new mystery to solve. The name of the person or place will be named and the following month information regarding the subject will be given to you. All places will be within the boundaries of Shirley. Sharpen your brain cells and beat the author.

PIGS ALLEY

Pig Alley was the name given to an area near McElroy's, that was off Fredonian St. where Credit Court Condominiums stand today. This housing was created by the Holbrook Mill for their workers. Boarding houses were for the unwed people, and small cottages for married workers. Most of these people were immigrants from Canada and Poland. The cottages were rented from the factory by the workers. The average pay for women and children between 1900 and 1920 was \$6.16 a week. Men averaged about \$2.00 more. It was a 60 hour week with Sunday the day of rest and recreation.

The houses were close together so there was not room to raise a cow. Pigs were the answer. They were fed garbage and they matured rapidly. Fall was harvest time. There was no refrigeration. The meat was salted and smoked. The heart and liver was consumed first as they would not 'keep.' Blood pudding was made at the time of the slaughtering. Head cheese, pig tail soup, smoked ham and smoked shoulders were some of the products. The pigs feet were pickled. Nothing was wasted. These frugal, hardworking people were a boom to the Town of Shirley. Many of their descendants live here today.

Next month we will be 'Harvest Ice.'

Keep reading, 'G'