



# Shirley Council on Aging

Volume: 7

## NEWSLETTER JANUARY 2015

Issue: 1

Senior Center • 9 Parker Road • Shirley, MA 01464

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

### *Happy New Year!*



*Let this coming year be better than all the others. Vow to do some of the things you have always wanted to do but could not find the time. Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. Vow not to make a promise you do not think you can keep. Walk tall, and smile more. You will look 10 years younger. Do not be afraid to say I love you. Say it again. They are the sweetest words in the world. — Ann Landers*

New Years is a time when many of us set new goals. It's chance to hit the reset button and start the year fresh. If one of your goals is to become stronger and more fit, look no further than your Senior Center for classes that can help you reach your goal. Every week we have Senior Fitness classes with instructor Sue Robbins on Tuesday evenings at 5:30 and Wednesday mornings at 9:00. Qi Gong, which meets on Monday mornings at 11:00, can help you with both strength and balance while also keeping you centered, and Yoga meets every Thursday at 9:00. Start the year right by trying out one of our fitness classes and see if it's the right fit for you! No charge for your first class.

Everyone needs to laugh more and you'll have a chance at this month's Pizza and A Movie on January 7th at 11 AM when our feature is "Road to Bali", starring Bob Hope and Bing Crosby. Yummy pizza and a funny movie for \$3. Nice way to spend a couple of hours on a cold day.

This month's Senior Lunch will be held on January 21st at noon, and will be cooked by guest chef Jodie Rachman. The menu will be baked ziti, Caesar salad, garlic bread and homemade chocolate chip cookies. Cost is \$3. Don't miss the Senior Breakfast by Chip Guercio on January 26th at 8:30 AM. The best breakfast in town and the best deal, too at \$2.

Breakfast will be followed this month by our Senior Info Series speaker at 10 AM. Attorney Nancy Catalini Chew will tell us what seniors need to know about estate planning and asset protection. Stay informed! There's no cost for our Info Series.

Reminder: Once again, thanks to the Boy Scouts of Troop 7 and the DPW, we are able to offer **Sand 4 Seniors**. If you haven't heard from us already, please call the COA office at 978-425-1390 to be put on our delivery list to receive a sand bucket. Throwing some sand on your steps and walkway can help reduce your chance of falling. Call today!

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

*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**

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*Kathryn Becker*

**COUNCIL ON AGING**

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*Don Parker*

**VICE CHAIRMAN**

*Donald Reed*

**SECRETARY**

*Sandra Marcinkewicz*

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*MaryLou Clark*

*Nancy Siedliski*

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*MaryLou Clark*

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*Nancy Siedliski, Ruth Halloran,*

*Viola Burnley, Pat Florio,*

*Shirley Deyo, Donna Brun,*

*Marcia Sullivan*

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*App Schneider, Elisabeth Dinning,*

*Cathy Gregory, Bonnie Lawrence*

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*Nancy Siedliski*

**NEWSLETTER EDITOR**

*Doreen Quintiliani*

**SUNSHINE LADY**

*Joyce Patton*

**VAN DRIVERS**

*Bob Perry, Doug Perry*

**VAN DISPATCHER**

*Carolyn Schold*

*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 and Groton Wellness Cafe

**Our Bagel Team:**

Jim Lanteigne, Bill Dow, Bob McBrine, Marcia Sullivan & Bob Perry

**Program Support:**

Ron & Shirley Deyo, Don Parker, Jon Pender, John & Kay Tohline, Joyce Patton, Kendra Dumont, Chip & Dolores Guercio, David Januskiewicz, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Vi Burnley, Donna Brun, Nancy Siedliski, MaryLou Clark, Francine Evelyn, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow

**Donations:**

Phyllis Gray, Bob Carlson, Dorothy Hatch, Bob McBrine, Tony Bucca, Joe Landry, and David McQuiggan, Paul Przybyla

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

**Newsletter:**

Cyndi Furman, Kathryn Becker, and Doreen Quintiliani

**Café Wish List**

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



- ◆ Napkins
- ◆ Chinnet paper plates (large size)
- ◆ Plasticware

**VOLUNTEERS NEEDED!**  
**NO EXPERIENCE NEEDED!**

**LUNCH:** Help with set-up and clean-up

**DRIVERS:** Angels on Wheels Drivers needed to take seniors to medical appointments using your own vehicle.

**Call 978-425-1390 and leave your name and telephone number, or, even better....Stop in at the Senior Center!**



## Outreach Corner

**Kathryn Becker, Director/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.*

Kathryn 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 need help, please call Kathryn at the Council on Aging office at **978-425-1390**. She is available at the Senior Center at 9 Parker Rd., Tues. and Thurs. from 9-3. All information shared is confidential.



## ***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 registration 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 at 978-425-1390 to have one mailed to you. 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 Shirley COA at 9 Parker Rd.

Seniors who are dependent on electrically operated medical equipment in their home that is necessary to sustain life or avoid serious medical complications may participate in **National Grid's Life Support Program**. If you depend on medical equipment such as oxygen, a respirator or kidney machine, be sure to register with **National Grid at 800-322-3223** and be placed on their Life Support List. National Grid calls these customers before an expected outage and keeps in touch regularly during the outage. Registration forms for this program are available by calling National Grid. They are also available at the Senior Center and you may call to have one mailed to you. On-line you may find them at: [http://www.nationalgridus.com/masselectric/storm/prepare\\_equipment.asp](http://www.nationalgridus.com/masselectric/storm/prepare_equipment.asp).

## ***Book Mobile—Don't Let Cold Weather Curb Your Reading***

Remember, thanks to the volunteer efforts of MaryLou Clark, the Shirley Council on Aging can offer "Bookmobile 4 Seniors" to keep you in books all winter. The program is designed for those who love to read (or listen to audio books) but cannot get to the library. Even if it's just for a short time while you're recovering from illness, or if the weather keeps you home, we can help you keep up with your reading list.

The process is simple: if you decide you'd like a book delivered, call MaryLou at 978-425-5049. You can tell her the title and author you want or if you are not sure, just tell her the type of book you like to read and she will help you find something. You can keep the books for up to three weeks or DVDs up to one week. When you are finished, call MaryLou and she'll swap it for another. This is a free service. Don't miss out on the wonderful world of books because of illness or weather. Give MaryLou a call and let the Bookmobile 4 Seniors keep you reading.



## ***AARP Tax Preparation ~ February Schedule***

Please call the below Senior Centers for appointments

**Lunenburg:** February 2 and 9—call 978-582-4130

**Townsend:** February 3, 10, 17—call 978-597-1710

**Pepperell:** February 4, 11, 18—call 978-433-0326

**Groton:** February 5, 12, 19—call 978-448-1170

## Benefits CheckUp

Millions of seniors and adults with disabilities qualify for, but are not enrolled in, programs that could help them pay for prescription drugs, medical care, food, or heat for their homes. **Benefits CheckUp** is a **free, confidential, online service** to see if you qualify for benefits and help you take the first steps toward applying.

Go to: [www.Benefitscheckup.org](http://www.Benefitscheckup.org)

## Shirley Senior Center Transportation

### MART Van

The Shirley COA has transportation available for doctor appointments and local shopping. The MART Van runs Monday through Friday from 8 a.m. to 4 p.m. Please give 48 hours' notice when requesting rides, so that we may meet your needs. Call 978-425-1390 for reservations.

### Shopping trips are as follows:

**Tuesdays:** Searstown Plaza in Leominster

**Thursdays:** Week 1: Target  
Week 2: Walmart/Aldi  
Week 3: Barnes and Noble  
Weeks 4 and 5: Walmart/Aldi

### **NEW!**

**Fridays:** Trips to Loaves and Fishes

Pick ups at 8 a.m. and leave for home at 11:30

## Fuel Assistance

**LIHEAP:** (Low Income Home Energy Assistance Program) Eligibility is based on the size of the household and gross income. The income eligibility requirements are:

For an individual—\$32,618; for two persons—\$42,654; for three persons—\$52,691. To apply, call New England Farm Workers' Council in Fitchburg at 978-342-4520. If you are homebound, call the Senior Center at 978-425-1390.

**GOOD NEIGHBOR ENERGY FUND:** This program is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for LIHEAP fuel assistance. Income requirements are: For one person—\$32,618-\$43,491; for two persons—\$42,654-\$56,872; for three persons—\$52,691-\$70,254. Call the Salvation Army at 800-334-3047. If you are homebound, call the Senior Center at 978-425-1390.



## Senior Information Series

**Monday, January 26th - 10:00 AM**

**Speaker: Nancy Catalini Chew, Esq.**

Attorney Chew is a local attorney who specializes in elder law and estate planning. Attorney Chew will give an overview of what elders should know about asset protection and estate planning.

### 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.



**DON'T FORGET!**

**Senior Lunch ~ January 21st**  
**Senior Breakfast ~ January 26th**

## The Choice Café

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council that is "Light and Nutritious" - perfect for the months ahead. There is a voluntary donation of \$2.25 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 Monday at 10 a.m. to reserve for the following Wednesday lunch or just sign-up here at the Senior Center. Come enjoy a nutritious meal at a low price!

### Menu:

**January 14:** Tortellini Salad, Beet Salad and Pears  
**January 28:** Curried Chicken Salad with Raisins, Rice and Black Bean Salad and Pineapple

*Now Serving Hot Soup with Choice Café Lunches!*



**Blood Pressure Clinic**  
**Thursday, January 8th**  
**9:30 - 10:30 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.



**Wednesday, January 21st  
11:30 a.m.**

**Guest Chef  
Jodie Rachman**

**Menu**

Baked Ziti with Homemade Meatballs and Sauce,  
Caesar Salad, Garlic Bread and  
Homemade Chocolate Chip Cookies

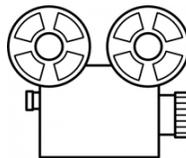
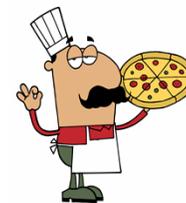
Cost: \$3.00  
*No reservations necessary*



**Director's Coffee**  
**First Monday of each month  
at 9 AM**

## Pizza & a Movie

@ Your Senior Center



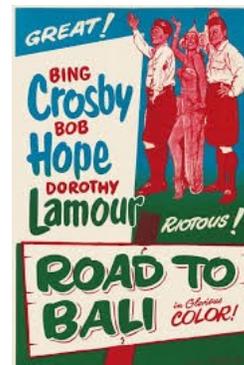
**January 7th  
11 am**

### "Road to Bali"

**Starring:**  
Bob Hope, Bing Crosby  
and Dorothy Lamour

Hope and Crosby play American song and dance men performing in Melbourne, Australia, which they leave in a hurry to avoid various marriage proposals. They go to Bali where they vie for the affection of Princess Lala (Dorothy Lamour).

Cost: \$3.00



COMING IN FEBRUARY AT THE  
SENIOR CENTER

## Catered Lunch by Nashoba Tech

**February 18th at Noon**

Followed by entertainment provided by:



Swing dancers from Leominster

Choice of:  
BAKED STUFFED HADDOCK  
W/ CRABMEAT STUFFING

OR

ROASTED SIRLOIN WITH GRAVY  
All served with soup/salad, rolls, potato,  
vegetable, dessert and coffee

**\$10.00** plus \$2.00 suggested tip

**Call TODAY to reserve your seat at  
978-425-1390**

# To all who made our Holiday Luncheon such a success: We Thank You!!

Kay Tohline, John Tohline, Shirley Deyo, Donna Brun, Joyce Patton, Sally Hammel, Pat Krauchune, Rhoda Dow, Gerlinde Raynor, Vi Burnley

The Shirley Police Department  
Amy Allaire and the Ayer-Shirley Regional High School National Honor Society Students



Photos: Charles Church



*Volunteers John and Kay Tohline, Joyce Patton and Donna Brun prepare the Senior holiday lunch.*



## **Shirley Senior Center Artists Exhibit Paintings in Boston**

The 18th Annual Senior Citizens Art Show was held recently at the Commonwealth Museum in Boston. The theme of this year's show was "Celebrate My Town" and artists from our painting class, led by instructor Willa Desousa, all entered the exhibition.

Several local sites were chosen as subjects for the paintings. Mary Macklin did a close-up of the old fire station painted at night, capturing all of its ornate embellishments, illuminated by a couple hundred glowing Christmas tree lights. Her painting was awarded first prize for watercolor!

Other artists exhibiting were Sandy Marcinkewicz, who painted Storybook Cottage, and Maria Owens, whose subject was the Shirley Town Cemetery. All the paintings are on exhibit at the Senior Center through January.

The Senior Center painting class meets every Tuesday at 1 p.m. Cost is \$10 per class. Newcomers are always welcome!



Café Open Monday - Thursday  
from 9 AM to Noon

January 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>DROP IN CAFÉ</b> <b>MONDAY - THURSDAY</b> <b>9 AM TO NOON</b>	<i>For a SHINE</i> <i>Appointment</i> <i>Call</i> <b>978-425-1390</b>		<b>1</b> 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Bingo	<b>2</b> <b>Closed</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>9:00 Director's Coffee</b> 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>6</b> <b>9-12 Nails w/ Kendra</b> 9:30-12 Bridge/Dominoes 5:30 Senior Fitness	<b>7</b> 9:00 Senior Fitness 9-11 Creativity Time <b>11:00 Pizza &amp; A Movie</b> <b>"Road to Bali"</b>	<b>8</b> 9-10 Chair Yoga <b>9:30 -10:30 Blood</b> <b>Pressure Clinic</b> 10:00 Wii Bowling 1:30 Rummikub	<b>9</b> <b>Closed</b>	<b>10</b>
<b>11</b>	<b>12</b> 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>13</b> 9:30-12 Bridge/Dominoes 1-3 Painting 5:30 Senior Fitness	<b>14</b> 9:00 Senior Fitness 9-11 Creativity Time <b>11:30 CHOICE CAFÉ/</b> <b>Soup</b> 1:00 COA Meeting	<b>15</b> 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Bingo	<b>16</b> <b>Closed</b>	<b>17</b>
<b>18</b>	<b>19</b> <b>Martin Luther King Day</b> <b>CLOSED</b>	<b>20</b> <b>9-12 Nails w/ Kendra</b> 9:30-12 Bridge/Dominoes 1-3 Painting 5:30 Senior Fitness	<b>21</b> 9:00 Senior Fitness 9-11 Creativity Time <b>11:30 SENIOR LUNCH/</b> <b>Baked Ziti</b> 1:30 Bingo	<b>22</b> 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Rummikub	<b>23</b> <b>Closed</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>8:30 Senior Breakfast</b> <b>10:00 SENIOR INFO</b> 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	<b>27</b> 9:30-12 Bridge/Dominoes 1-3 Painting 5:30 Senior Fitness	<b>28</b> 9:00 Senior Fitness 9-11 Creativity Time <b>11:30 CHOICE CAFÉ/</b> <b>Soup</b>	<b>29</b> 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Rummikub	<b>30</b> <b>Closed</b>	<b>31</b>