



Shirley Council on Aging

Volume: 7

NEWSLETTER NOVEMBER 2015

Issue: 11

Senior Center • 9 Parker Road • Shirley, MA 01464

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



*If the only prayer you say in your life is thank you,
that will be enough.*

~ Meister Eckhart

Our November **Pizza and a Movie** is dedicated to our Veterans. We will be showing the documentary “Hallowed Grounds” on Wednesday, November 4th at 11 a.m. (see inside for details). There will be no **charge for Veterans** and we will be serving subs and pizza.

Thanks to funding from the Shirley Charitable Foundation and the Friends of Nashoba Valley Medical Center, we will be offering a monthly **Veteran’s Breakfast** beginning Monday, November 9th from 8:30-9:30 a.m. All local senior veterans and their spouses are invited to attend. This month’s breakfast menu will feature blueberry pancakes with bacon, fruit, orange juice and coffee or tea. In the kitchen cooking, will be members of the Shirley Police Department. The breakfast will continue monthly on the second Monday of each month with the exception of holidays.

Thank you, to all those that have served or are currently serving our country in the military. We thank you for your commitment, service, and sacrifice for this nation’s freedom.

I wish everyone a Happy Thanksgiving, and 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!



MEDICARE OPEN ENROLLMENT goes from October 15th—December 7th

If you need help, make your SHINE appointment NOW by calling the Senior Center at 978-425-1390

SHINE Appointments will be held on: November 19th

Ed Roth, SHINE Regional Director

will be here **November 16th at 10 a.m.**

to explain the latest updates to Medicare

All Medicare recipients are welcome! Be informed!



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

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VICE CHAIRMAN

Donald Reed

SECRETARY

Donald Reed

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Joyce Patton

Barbara Lugin

Helen Kramer

Sandy Marcinkewicz

Joellen Sheehan

Tony Bucca

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Pat Florio, Joyce Scott

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William Schold, Hilary Kelley,

Tom Hill, Elisabeth Dinning,

Bill Mercer, Joyce Scott

MEDICAL EQUIPMENT COORDINATOR

Nancy Siedliski

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 and Barbara Lugin

Newsletter Distribution: Ray Gagnon and Melissa Slattery

Donations:

Kay Tohline, Susie Joly, Mabel Hanson, Christine Saball, Tony Bucca, Fran Gray, Sandy and Gene Wixom, Jane Hallett, Joe Gonynor, Joyce Patton, The Phoenix Bar and Grill

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

- ◆ Chinet paper plates (large size)
- ◆ Coffee (regular)



Coming Events

Sponsored by the Friends of Shirley Seniors



6th Annual Holiday Pie Sale

St. Anthony's Church Hall

Tuesday, November 24th - 8 a.m. to 4 p.m.

Annual Craft and Bake Sale

Shirley Senior Center

Saturday, December 5th - 9 a.m. to 2 p.m.

If you're interested in renting a table at the Craft Sale or baking a pie, please call Shirley Deyo at 425-9566/Joyce Patton at 425-9864



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 needs 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 9-2. All information shared is confidential.

Protect Yourself from Identity Theft

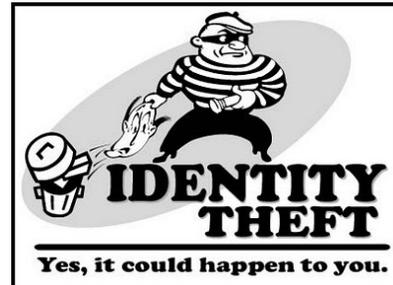
DETER:

- Shred or tear up unwanted documents that contain personal information before discarding them
- Review your consumer credit reports annually
- Never give personal information over the phone or internet unless you initiated the contact
- Memorize your social security number, don't carry it with you
- Keep your personal information in a secure place at home

DETECT:

Be alert to signs that require immediate attention:

- Bills that do not arrive as expected
- Unexpected credit cards or account statements
- Denials of credit for no apparent reason
- Calls or letters about purchase you did not make



Inspect your credit report every year

Visit www.AnnualCreditReport.com or call **1-877-322-8228**, a service created by the credit bureaus, to order your free credit reports each year. You can also write: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

Review financial accounts and billing statements regularly, looking for charges you didn't make.

DEFEND: Place a "Fraud Alert" on your credit reports, and review the reports carefully.

Equifax: 1-800-525-6285

Experian: 1-888-EXPERIAN (397-3742)

TransUnion: 1-800-680-7289

- Close any accounts that have been tampered with or established fraudulently
- File a police report with the local police department
- Report theft to the Federal Trade Commission at 1-877-438-4338 or www.ftc.gov/idtheft

NEWS FROM SHINE

Don't Ignore Your Medicare Mail!

Medicare's Open Enrollment is Oct.15-Dec. 7

Make an appointment to see the SHINE Counselor NOW!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

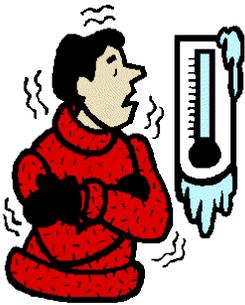
Call early to get a SHINE appointment during Open Enrollment!

Our SHINE Counselor will be available

by appointment on

November 19th

Call us at 978-425-1390



Fuel Assistance Program

The weather is turning cooler and heating bills are arriving in the mail once again. If you are having trouble making ends meet, consider applying for Fuel Assistance. The Fuel Assistance Program runs from November 1—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 it's members. The income eligibility for an individual—\$32,618; for two persons—\$42,654; for three persons—\$52,691.

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.



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

Blood Pressure Clinic

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

Flu Shots will be available

MASSACHUSETTS ASSOCIATION
for the
Blind and Visually Impaired

Aging and Vision Loss

Speaker

Carol Curdo, Regional Director

Monday, December 14 from 10-11 a.m.

Topics:

The Healthy Aging Eye

Macular Degeneration and other Eye Diseases

Vision Rehab Services

Strategies for Everyday Activities

DON'T FORGET!

Veteran's Breakfast ~ Monday, November 9^h ~ 8:30a.m.

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

No Senior Breakfast in November

VETERANS' CORNER

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



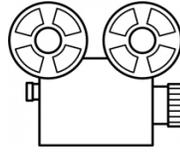
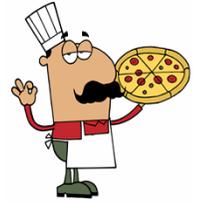
The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

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



**November 4th
11 am**

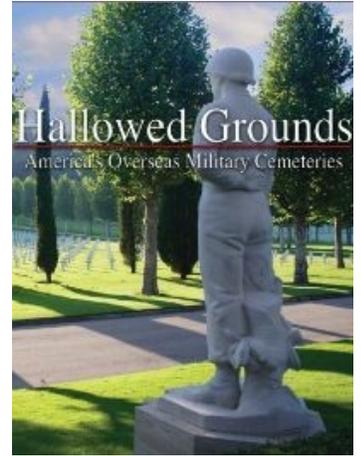
“Hallowed Grounds”

Hallowed Grounds

Cost: \$200
No charge for Veterans

Director: Robert Uth
Starring: Ron David,
Mathew Elias, Jamie Guellal

This hour-long documentary visits America's overseas military cemeteries. Few Americans know there are twenty-three American World War I and World War II military cemeteries in eight different countries. Each of these commemorative places is a national treasure, with fascinating stories to tell. They are located in England, France, the Netherlands, Luxembourg, Belgium, Italy, Tunisia and the Philippines.



The program weaves elements of a historical documentary with beautiful, contemporary scenes of the cemeteries, and powerful stories about the men and women who are buried in them. It contains on-location interviews with formal and informal historians, and witnesses of the wars and the creation of the cemeteries.

Attention: Shirley Veterans

The Shirley Council on Aging
Cordially invites you to our monthly



Veteran's Breakfast
Monday, November 9th
8:30-9:30 a.m.

This is a FREE breakfast

THANK YOU!
**Shirley Charitable Foundation
and Friends of Nashoba Valley Medical Center**
for making this possible
*This will be a monthly breakfast on the second
Monday of each month unless it falls on a holiday*

Senior Lunch

Wednesday, November 18
11:30 a.m.



Menu
Grilled Cheese and
Tomato Soup
Salad
Apple Crisp with
Vanilla Ice Cream
Cost \$3.00

No reservations necessary

The Best Deal in Shirley



Housing Rehabilitation
Need help with home repair?

The intention of this program is to assist low and moderate income residents to Improve their housing situation.

Examples of eligible improvements include:

- ◆ Repair or replacement of roofs, windows, doors
- ◆ Upgrade to heating, plumbing and electrical systems
- ◆ Structural repairs
- ◆ Repair or replace septic systems
- ◆ Address energy efficiency issues

For more information, or for an application: call the Senior Center at 978-425-1390



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

Join Our Team!

There are many opportunities available, you're bound to find a good fit. Stop by and talk to Kathy for more information or call 978-425-1390 or email: coadirector@shirley-ma.gov

- Greeters
- Servers
- Kitchen Aide (assist cooks)
- Clean -up (after meals)
- Café (coffee, refreshments)
- Meals on Wheels driver
- Angels on Wheels driver
- Bingo Caller
- Grocery shopper



*Ayer Shirley Middle School
Cordially invites Shirley seniors to:*



November 6th at 9:45 a.m.
and the
first Friday of every month
at the Middle School
1 Hospital Rd.



November 16 at 10 a.m.

Ed Roth

Regional SHINE Director

Will be here to

update seniors on the latest changes in Medicare.

You do not need to sign up for this program, just show up.

Refreshments will be served.

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

November 2015

Shirley

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10-11 Aging Mastery (Shingles Presentation) 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	3 9-12 Nails with Kendra 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group 3:00 "Outside the Lines"	4 8:20-9:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 11:00 Pizza & A Movie "Hallowed Grounds" 1:00 Bingo	5 9:00 Chair Yoga 10:00 Wii Bowling 1:00 Rummikub	6 Closed	7
8	9 8:30 VETERAN'S BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	10 9:30-12 Bridge/Dominos 1:00 Adventures in Art 3:00 "Outside the Lines"	11 CLOSED VETERAN'S DAY 	12 9:00 Chair Yoga 9:30-10:30 Blood Pressure 10:00 Wii Bowling 2:00 COA Meeting No Rummikub	13 Closed	14 BEMIS Holiday Luncheon 11 a.m.
15	16 10:00 Medicare Info Presentation 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	17 9-12 Nails with Kendra 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group	18 8:20-9:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 11:30 SENIOR LUNCH 1:00 Bingo	19 9:00 Chair Yoga 9:00 SHINE 10:00 Wii Bowling 1:00 Rummikub	20 Closed	21
22	23 NO SENIOR BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	24 8-4 Pie Sale at St. Anthony's 9:30-12 Bridge/Dominos 1:00 Adventures in Art	25 8:20-9:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program Closing at Noon for Holiday	26 	27 Closed	28
29	30 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time		DROP IN CAFÉ Mon. - Thurs. 9 AM TO NOON	For a SHINE Appointment Nov. 19 Call 978-425-1390		