



Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 10

OCTOBER 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

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

Medicare Open Enrollment Begins October 15th



Our SHINE Regional Director, Ed Roth, will be at the Senior Center on **November 16th at 10 a.m.** to update seniors on the latest changes in Medicare.

During Medicare’s Open Enrollment, you will have a chance to change your plan for next year. Our SHINE Counselor can help you understand your plan changes, as well as other options you may have. **Appointments are limited so make your appointment now by calling the office at 978-425-1390.**

Lots of activities back after summer hiatus: **Wii Bowling** on Mondays at 12:15 and Thursdays at 10. **Yoga** is on Thursdays from 9-10. **Kendra** is back on schedule doing manicures the first and third Tuesdays at 9 a.m.

A new session of **Adventures in Art** just began Sept. 29th. If you missed the first class, no worries, start now. Classes meet Tuesdays 1-3 p.m. “**Outside the Lines**”, our new **Coloring Group**, begins October 20th at 3 p.m.

Don’t miss our **Halloween Party** on October 29th from 10:00-1:00! Come in costume or not, but don’t miss it. We’ll have snacks, cider and hot pizza along with lots of fun!

It’s that time of year again when we need to start thinking about heating bills. If you’ve received **Fuel Assistance** in the past, you should have already received your renewal in the mail. If you would like to apply for Fuel Assistance, **New England Farm Workers’ Council representatives** will be here at the Senior Center on Wednesday, October 21st to help you apply. You must make an appointment by calling us at 978-425-1390.

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

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 October 15th and November 19th

Ed Roth, SHINE Regional Director
will be here **October 27th 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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Tom Hill, Elisabeth Dinning,

Bill Mercer, Joyce Scott

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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:

Al Dentino, Anthony Bucca, Fran Gray, Christine Saball, Gene and Sandy Wixom, Bob McBrine, Mickie Carter

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)



Gentle Chair Yoga for Seniors

NEW Session begins October 1st!

\$35/8 wks. or \$5/class walk-in rate

This very gentle program is based on simple yoga postures and routines to increase mobility, strengthen bones, improve balance and promote a sense of well-being.



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

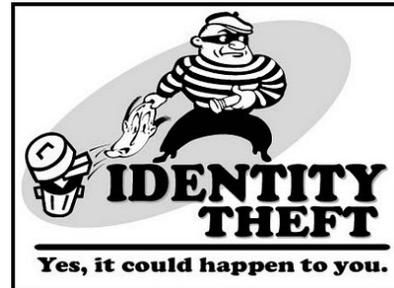
DETER:

- 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

October 15th and November 19th

Call us at 978-425-1390



Save the Date

November 16th - 10 a.m.

Our Regional Director, Ed Roth, will be at the Senior Center on **November 16th at 10 a.m.** 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.

Fuel Assistance Program

It's hard to believe that it's time to think about heating bills, but those who've received Fuel Assistance before have already been receiving their renewal applications. The Fuel Assistance Program runs from November 1—April 30, and applications are being accepted now.



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: New England Farm Workers' Council will be at the Senior Center on **Wednesday, October 21st** to help people apply for Fuel Assistance. You must call ahead to make an appointment at 978-425-1390.



Join Our Volunteer Team!

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

Join our team and be a Shirley Senior Center Volunteer!

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: coordinator@shirley-ma.gov

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



DON'T FORGET!

Senior Lunch ~ Wednesday, October 21st ~ 11:30a.m.

Senior Breakfast ~ Monday, October 26th ~ 8:30a.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.

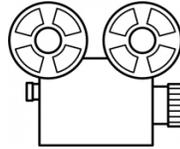
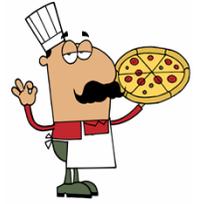


For an appointment:
Call: 978-425-2600 x280
Appointments: Anytime

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



October 7th
11 am

\$2.00

“Woman in Gold”

Director: Simon Curtis
Starring: Helen Mirren
and Ryan Reynolds

Maria Alttman, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.



Thanks By Giving

Bemis Associates'
Seniors Holiday Luncheon

Come Celebrate the Season With



Bemis Associates Inc. cordially invites you to our

18th Annual
Holiday Luncheon
Saturday, November 14, 2014

NEW Location!
SpringHill Suites, Grande Ballroom
31 Andrews Parkway
Devens, MA

DOORS OPEN AT 11:00 AM

To reserve your seat call:

978-425-1390

By October 22th

*Due to hall capacity, space is limited.
We're sorry, but no guests please.*



Wednesday, October 21
11:30 a.m.

Guest Chef

Karen Zimmerman
Groton Wellness Cafe

Menu

Chicken Rice Soup
Salad, Sandwiches and Dessert
Cost \$3.00

No reservations necessary



Manicures with Kendra
are Back
First and third Tuesdays
9 AM - Noon



Outside the Lines

Coloring Group

Remember how much fun it was to color when we were kids? Well, it still is! Join us for some afternoons of fun and relaxation with friends at the Shirley Senior Center.

All of the materials will be provided.

If there's interest, we could meet regularly.

**4-week session begins October 20th
Tuesdays from 3 - 4:30p.m.**

No cost

**REGISTER at 978-425-1390
or coadirector@shirley-ma.gov**

The repetitive motion of coloring can be a meditative experience. If you've been busy going from one task to the next, coloring can press the re-set button for your brain and be calming and reduce stress, all while giving you a creative and fun outlet. Adults need play too!



Members and guests, please remember to swipe your card at the computer when you come into the Senior Center.

If you don't have a card yet or have lost yours, please see Kathy or Laurie to sign up or get a replacement card. The statistics are very important in helping us to obtain funding and in planning programming each year, so help us by **being counted!**

This applies to those volunteering as well. Please be sure to enter your hours and help us keep track of all you do!



DRIVER NEEDED

**To Deliver Meals on Wheels
Opening for Tuesday OR Wednesday
11:30 a.m. for about an hour**

Drivers deliver nutritious meals to homebound seniors each day along with a friendly "hello".

The Meals on Wheels program is an opportunity to serve your community by yourself, as a couple, or with a family member or friend. Delivering meals also allows for local businesses, community groups, or churches to get involved by adopting a route and scheduling members to deliver on that day each week.

This is truly a "feel good" opportunity. Please call us if you can make the time to help. Mileage stipend available.
978-425-1390 or coadirector@shirley-ma.gov



**Halloween Party
Thursday, Oct. 29th
10 a.m. - 1 p.m.**

Come in costume or not,
but don't miss the party!
Snacks, cider and lots of fun!

Vesta Mobile Wood-Fired Pizza

*Join us for a
GHOULISHLY GOOD TIME!*

No reservations necessary

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

October 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ Mon./ Tues. / Thurs. 9 AM TO NOON	<i>For a SHINE Appointment Oct 15 or Nov. 19 Call 978-425-1390</i>	For a Fuel Assistance appointment on October 21 Call 978-425-1390	1 9-10 Chair Yoga 10:00 Wii Bowling 1:00 Rummikub	2 Closed	3
4	5 11-12 Qigong 12:15 Bowling 1-4 Card Game Time	6 9-12 Nails with Kendra 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group	7 8:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 11:00 Pizza & A Movie "Woman in Gold" 1:30 Bingo	8 9-10 Chair Yoga 10:00 Wii Bowling 1:00 Rummikub No Blood Pressure Clinic	9 Closed	10
11	12 CLOSED Columbus Day	13 9:30-12 Bridge/Dominos 1:00 Adventures in Art	14 8:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 1:00 COA Meeting	15 9-10 Chair Yoga 9:00 SHINE 10:00 Wii Bowling 1:00 Rummikub	16 Closed	17
18	19 11-12 Qigong 12:15 Bowling 1-4 Card Game Time	20 9-12 Nails with Kendra 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group 3:00 Coloring Group	21 8:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 9-3 Fuel Assistance 11:30 SENIOR LUNCH 1:30 Bingo	22 9-10 Chair Yoga 10:00 Wii Bowling 1:00 Rummikub	23 Closed	24
25	26 8:30 Senior Breakfast 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	27 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 Friends Meeting 3:00 Coloring Group	28 8:20 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 1:30 Bingo	29 9-10 Chair Yoga 10-1 Halloween Party! 1:00 Rummikub	30 Closed	31