



# Shirley Council on Aging

Volume: 8

NEWSLETTER

Issue: 8

## AUGUST 2016

Senior Center • 9 Parker Road • Shirley, MA 01464

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

I hope that you're enjoying the beautiful summer weather that we've been having. I know that the cool weather will be back again before you know it, and I don't want to miss a minute of summer!

If one of your goals this summer is to become more active, look no further than your Senior Center for opportunities. Besides weekly classes in **Senior Fitness** and **Qi Gong**, we have **Line Dancing**, **Belly Dancing** and **Ageless Grace**, a new class that combines brain and physical fitness that anyone can do. (Yoga class will resume in September). See inside for details on all classes. And don't forget our **Walking Group** every Tuesday and Thursday at 9 a.m. Walking is one of the best ways to get regular exercise, anyone can do it, and walking with friends is fun!



In addition to our new fitness programs, in September the **Ageless Grace Program** begins again on September 7th for 10 weeks. On August 30th we have speaker CC Donelan of the Brain Health and Wellness Center here to talk about the **Memory Preservation Nutrition** program for keeping your heart and brain healthy. Healthy snacks will be served and recipes given out. *Thanks to a generous grant from Bemis Corporation, the Ageless Grace class and Memory Preservation Nutrition evening are offered at no cost!*

### Paint and Pizza Night!

**Tuesday, August 23rd, 4-7 p.m.**



Enjoy a creative and FUN evening with friends! You don't have to be an artist to join in the fun—anyone can do it. No artistic experience is necessary. Emily from "Paint Social" will guide and assist you throughout the process.

We'll paint for awhile, break for pizza while they dry a little and go back to finish up. **Cost is \$10** and includes all paint materials, apron to protect your clothing and pizza, beverage and dessert.

**Space is limited so register today at 978-425-1390 or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)**

**Paint Nite** is also back in August so be sure to register soon as space is limited.

We'll paint a little, break for pizza while they dry and then finish up. Cost is \$10 which includes everything.

**If you have a little extra time to give, think about joining our volunteer team. Give us a call or better yet, drop by!** Volunteering can help keep your mind and body active, and bring some fun and purpose to your life. Join us! We need servers to help with lunch and someone to stay and help with clean up. Or maybe you'd like to be a greeter for a couple of hours a week, welcoming seniors and reminding them to sign in? Call us and learn about the possibilities and opportunities to be involved. Do something that makes you feel good!

*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

##### DIRECTOR

*Kathryn Becker*

##### OUTREACH WORKER

*Patrick Curtin*

##### VAN DRIVERS

*Bob Perry, Doug Perry*

##### VAN DISPATCHER

*Laurie Picinich*

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*Don Parker*

##### VICE CHAIRMAN

*Donald Reed*

##### SECRETARY

*Donald Reed*

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*Joyce Patton, Barbara Lugin, Helen Kramer, Sandy Marcinkewicz, Joellen Sheehan, Tony Bucca, Constance Schweitzer*

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*MaryLou Clark*

##### CAFÉ

*Barbara Perry, Fran Gray*

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*William Schold, Elisabeth Dinning, Dick Eayrs, Jessica Myshrall, Rob Fleming*

##### MEDICAL EQUIPMENT COORDINATOR

*Hans Onsager*

##### NEWSLETTER EDITOR

*Doreen Quintiliani*

##### SUNSHINE LADY

*Joyce Patton*

*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, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quilty, Vi Burnley, MaryLou Clark, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Claudette Williams, Bob Steiner, Tony Bucca, Beverly Smith, Barbara Lugin, Juanita Fields, Kathy Cormier and Marianne Alexander

**Newsletter Distribution:** Ray Gagnon and Melissa Slattery

#### Donations:

Susie Joly, Christine Saball, Tony Bucca, Carolyn and Charlie Waite, Marion Wood, Bob McBrine, Chet & Maryjane Pauley, Joe Gonynor, Alice West, Susan Brown, Lauren McCarthy, James and Ann Pringle, Missy Slattery, Hans Onsager and Village Pizza

*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

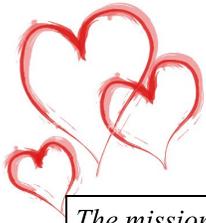
The Senior Center is a Green Operation  
Recyclable Donations Please

Coffee - Folgers Regular & Decaf



### DON'T FORGET!

**No Veterans' Breakfast July and August ~ See you September 12th**  
**Senior Lunch ~ Wednesday, August 17th ~ 11:30 a.m.**  
**Senior Breakfast ~ Monday, August 22nd ~ 8:30 a.m.**



## Outreach Corner

**Patrick Curtin, Outreach Worker**

Telephone: (978) 425-1390

Email: pcurtin@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.*

Patrick 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 Patrick at the Council on Aging office at **978-425-1390**. He is available at the Senior Center at 9 Parker Rd., Monday and Wednesday from 1pm– 5pm . All information shared is confidential.

### **Massachusetts Senior Legal Helpline 1-866-778-0939**

Do You Need Help Applying For Legal Services? The Legal Helpline provides assistance to Massachusetts senior citizens (60 years or older) applying for free legal help. Call to complete an intake call if you need legal help in one of the following areas:



**Social Security/SSI • Veterans Benefits • Mass Health • Medicare • Consumer issues • Public Benefits • Unemployment • Foreclosures • Bankruptcy • Evictions • Landlord/Tenant • Utilities • Executing advance directives & simple wills • Family law • Nursing Homes.**

The staff will screen you, the elder caller, for eligibility. If you are not eligible for free direct representation, the legal line may be able to give you advice or reduced-fee referrals. If you get the voicemail, please leave your name, telephone number and the town where you reside for a call back.

### *What to do when a loved one passes away*

*By Patrick Curtin*

When a loved one dies, you might face the overwhelming responsibility of closing out the person's life. This adds stress to an already emotional time. Here is what to do:



**Get multiple death certificates:** You will need about a dozen certified death records to complete upcoming tasks. Each record will cost around \$10 to \$20.

**Notify Social Security:** If your funeral director does not notify Social Security, you must do so. If your loved one was receiving benefits, they must stop because overpayments will require complicated repayment.

**Medicare:** If your loved one received Medicare, Social Security will inform the program of the death. If the deceased was enrolled in Medicare Prescription Drug Coverage (Part D), Medicare Advantage plan or had a Medigap policy, you must cancel these plans.

**Look into employment benefits:** If the deceased was working, contact the employer for information about pension plan, credit unions, and union death benefits. You will need a death certificate for each claim.

**Notify life insurance companies:** You will need to provide policy numbers and a death certificate.

**Terminate other insurance policies:** This includes automobile insurance, home insurance, etc. Death certificates will be required for these claims.

**Make a list of important bills:** Share the list with the executor or estate administrator so that bills can be paid promptly.



### *The Choice Café*

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council that is “**Light and Nutritious**” - perfect for the warmer months ahead. There is a voluntary donation of \$3.00 requested.

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 with friends at a low price!

**August 10th menu is:** Chicken Salad with Cranberries, Beet Salad, Tropical Fruit

**August 24th menu is:** Chicken Breast with Red Pepper Pesto, New Mac Salad, Peaches



*Instructor: Maria Skinner*

**\*\*FREE 4-Week Session\*\*  
August 4, 11, 18, 25 at 11 AM**

Ageless Grace is an anti-aging fitness program for body AND brain based on the science of neuroplasticity. Each of the 21 simple tools focus on the healthy longevity of the body, mind, emotions and spirit. It's a creative, lively chair-based class set to upbeat popular music with natural moves (no choreography to learn).

It's for baby boomers, all ages and abilities of seniors and those with weight, joint, diabetes, MS and other challenges, as well as those in wheelchairs or with other physical limitations! This class is for anyone at any age who is interested in aging gracefully using timeless anti-aging techniques for the body and brain that almost anyone can do!<sup>TM</sup>

***It's Never Too Late to Begin.  
It's Never Too Early to Start!***

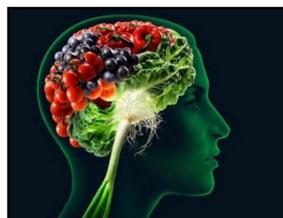
**Please register at 978-425-1390  
or coadirector@shirley-ma.gov**

**Senior Info  
August 15th at 9 a.m.**

### **“Adult Learning in the Fitchburg Area”**

A speaker from ALFA will talk about the education options available through Fitchburg for seniors.

## **NUTRITION FOR BRAIN HEALTH**



### **Memory Preservation Nutrition**

**Speaker: CC Donelan**  
Director of Education and Wellness  
at the Brain Health & Wellness Center

**August 30th at 6 p.m.**

*Brain-Healthy snacks will be served*

The unique and evidence-based Memory Preservation Nutrition (MPN) program is based on scientific evidence and is heart healthy and brain healthy. This program is one of four components of lifestyle changes that are very encouraging and indicate that the right kind of nutrition—rich in antioxidants and anti-inflammatory nutrients—can slow oxidation and other destructive processes that can cause various diseases, including Alzheimer's.

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



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

**Blood Pressure Clinic  
Thursday, August 11th from 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.



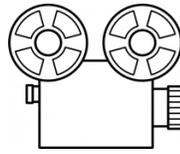
For an appointment:

**Call: 978-425-2600 x280**

**Appointments: Anytime**

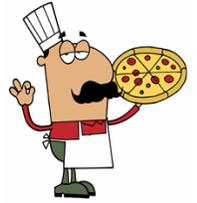
**Office Hours: Monday evenings  
5:00 – 7:00 p.m.  
at the Town Office Building**

**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.



**Pizza & a Movie**

**@ Your Senior Center**



**Ladies in Lavender**

**Wednesday, August 3rd @ 11 a.m.**

Cost: \$2.00

**Director:** Charles Dance

**Starring:** Maggie Smith, Judy Dench, Daniel Bruhl

"Ladies in Lavender" assembles those two great Dames, Judy Dench and Maggie Smith, and sends them off to play sisters sharing a cozy little cottage on the Cornwall coast.



**"A FEEL-GOOD, CROWD-PLEASING TRIUMPH"**



**Eddie the Eagle**

**Wednesday, September 7th @ 11 a.m.** Cost: \$2.00

**Director:** Dexter Fletcher

**Starring:** Taron Egerton, Hugh Jackman, Tom Costello

The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Olympics.

Senior Lunch

**Wednesday,  
August 17th  
11:30 a.m.**

*Sponsored by:*

**Sen. Jamie Eldridge  
& Rep. Jen Benson**

*No reservations necessary*



**Walking Group for Seniors**

Is one of your goals this summer to get in better shape? Walking is one of the best ways to get regular exercise and anyone can do it. Walking with a group can help motivate you to stick with an activity program, and walking with friends is fun! Join us!

**Every Tuesday and Thursday morning at 9 a.m.**

**Get a FREE pedometer to count your steps!**

**Fair weather walking only - No rainy days**

*Meet at the parking lot by Taylor Athletic Fields (off Hospital Road). Wear comfy shoes, bring water and your cell phone (if you have one).*



**Line Dancing for Fun and Health!**

Instructor: Joyce D'Aguano

**Thursdays at 2:00 p.m.**

Cost: Drop in Rate \$5.00

**Belly Dancing for Fun and Fitness**

**Mondays at 9:45 a.m. \$5.00/class**

Belly Dancing is back this summer! Instructor Gypsy Phillips is in her 70's and has almost four decades of experience teaching belly dancing to all ages. She says that it's a wonderful exercise for older people. "Learning steps helps to improve memory and the movement works out the aches and pains." And you don't have to have a super-model body for this. Gypsy says: "This is for real people to dance and enjoy themselves. We laugh all through the class!" Come give it a try and have some fun!

## AGING MASTERY PROGRAM



**Live well. Do well. Age well.**

The **Shirley Council on Aging** is proud to participate in the  
Aging Mastery Program.

We are recruiting 15 adults (ages 60+) to participate in this 10-week educational program. A free delicious breakfast will be served weekly.

**When:** Wednesdays beginning September 7th

**Where:** Shirley Council on Aging Senior Center

**Time:** 9:30—11:00 a.m.

**For more information or to sign up, call or email:**

**978-425-1390 or [coordinator@shirley-ma.gov](mailto:coordinator@shirley-ma.gov)**

The Aging Mastery Program is a comprehensive, fun approach to aging well that encourages people to take actions to enhance their health, financial well-being, social connectedness and overall quality of life. Make new friends and develop habits that can help you master aging! This is a free program thanks in part to funding from MCOA. ***Points will be redeemed for rewards!***

**AMP**  
AGING | MASTERY | PROGRAM.

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

# August 2016

# Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:45 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	<b>2</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>3</b> 8:45-9:45 Senior Fitness 9-11 Creativity Time <b>11:00 PIZZA &amp; A MOVIE</b> "Ladies in Lavender" <b>1:00 Bingo</b>	<b>4</b> 9:00 Walking Group <b>11:00 AGELESS GRACE</b> <b>2:00 Line Dancing</b>	<b>5</b> Closed	<b>6</b>
<b>7</b>	<b>8</b> 9:45 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	<b>9</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>10</b> 8:45-9:45 Senior Fitness 9-11 Creativity Time <b>11:30 Choice Café</b> 1:00 COA Meeting	<b>11</b> 9:00 Walking Group 9:30 Blood Pressure <b>11:00 AGELESS GRACE</b> <b>2:00 Line Dancing</b>	<b>12</b> Closed	<b>13</b>
<b>14</b>	<b>15</b> <b>9:00 SENIOR INFO</b> 10:00 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	<b>16</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>17</b> 8:45-9:45 Senior Fitness 9-11 Creativity Time <b>11:30 SENIOR LUNCH</b> <b>Summer Barbeque</b> <b>1:00 Bingo</b>	<b>18</b> 9:00 Walking Group <b>9:00 SHINE</b> <b>11:00 AGELESS GRACE</b> 2:00 Line Dancing	<b>19</b> Closed	<b>20</b>
<b>21</b>	<b>22</b> <b>8:30 SENIOR BREAKFAST</b> 10:00 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	<b>23</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring <b>4-7 PAINT NIGHT</b>	<b>24</b> 8:45-9:45 Senior Fitness 9-11 Creativity Time <b>11:30 Choice Café</b> <b>1:00 Bingo</b>	<b>25</b> 9:00 Walking Group <b>11:00 AGELESS GRACE</b> <b>2:00 Line Dancing</b>	<b>26</b> Closed	<b>27</b>
<b>28</b>	<b>29</b> 9:45 BELLY DANCING 11-12 Qigong 1-4 Card Game Time	<b>30</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring <b>6 p.m. BRAIN HEALTH</b>	<b>31</b> 8:45-9:45 Senior Fitness 9-11 Creativity Time	<b>DROP IN CAFÉ</b> <b>Mon.-Thurs.</b> <b>9 AM to NOON</b>	<b>For a SHINE Appointment Call 978-425-1390</b>	