



# Shirley Council on Aging

Volume: 8

## NEWSLETTER SEPTEMBER 2016

Issue: 9

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've enjoyed a wonderful summer and that you're ready to dive back into some fall activities!

This month we once again launch the **Aging Mastery Program** on September 7th at 9 a.m. for 10 weeks. If you're interested in a fun approach to aging well and enhancing your overall quality of life, check out details below and call us to sign up. On Thursday, September 8th we begin another 8 week session of **Ageless Grace** at 11 a.m., an anti-aging fitness program for body and mind that almost anyone can do! This is a lively chair-based class set to upbeat music with natural moves. This class was a summer "hit" so don't miss out- call and register today!

Our **Walking Group** continues every Tuesday and Thursday at 9 a.m. out by Taylor Athletic Fields (off Hospital Rd.) Fall is the perfect time to start a walking program; it's one of the best ways to get regular exercise and it's fun and motivating to do it with friends!

**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. We also need a **Bingo Caller** once per month on a Wednesday. 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*



### ***Aging Mastery Program***

***Wednesdays, September 7 - November 9 ~ 9:00-11:00 AM***

Take charge of your wellness! Forge your path to better physical and emotional health, financial well-being and life enrichment through actionable goals, rewards and incentives with small but impactful life changes and peer support. This series will focus on fitness, nutrition, sleep, financial well-being, relationships, advance planning, volunteering, and civic engagement. Each session starts with a homemade breakfast followed by a presentation and discussion.

Sign up NOW as space is limited. Cost: free. 978-425-1390 or [coadirector@shirley-ma.gov](mailto:coadirector@shirley-ma.gov)

*Very few COAs have been awarded grants to fund this unique program offering. We are very grateful to have received this funding from the Massachusetts Councils on Aging and the Executive Office of Elder Affairs.*

### **COMING IN OCTOBER:**

Flu Clinic: October 13 from 9-11 a.m.

Nashoba Tech Lunch: October 19 at 11:30 a.m.

Zounds: Hearing Presentation

Cleaning and Checking Hearing Aids:

October 20 at 9 a.m.

Zounds Hearing Clinic (Testing):

October 27 at 9 a.m.

Halloween Party/Lunch: October 26 at 10 a.m.

SHINE Medicare Update: October 31 at 10 a.m.

**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**

**COUNCIL ON AGING CHAIRMAN**

*Don Parker*

**VICE CHAIRMAN**

*Donald Reed*

**SECRETARY**

*Joellen Sheeham*

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Sandy Marcinkewicz, Tony Bucca,  
Constance Schweitzer*

**BOOKMOBILE**

*MaryLou Clark*

**CAFÉ**

*Barbara Perry, Fran Gray*

**MEALS ON WHEELS**

*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, Sue Hartman, St. Anthony’s, and Missy Slattery

*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 Decaf



**DON'T FORGET!**

**Veterans’ Breakfast ~ Monday, September 12th ~ 8:30 a.m.**  
**Senior Lunch ~ Wednesday, September 21st ~ 11:30 a.m.**  
**Senior Breakfast ~ Monday, September 26th ~ 8:30 a.m.**



## Outreach Corner

**Patrick R. Curtin, Outreach Coordinator**

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., Mon. and Wed. from 1pm– 5pm . All information shared is confidential . Patrick is also a Notary Public.

### Fuel Assistance Program

You wouldn't know it from the weather we're having as I write this (high 90's in mid-Aug.), but the heating season is almost upon us. If you've had trouble paying for your heat previous years or if you've just started having financial difficulty, the LIHEAP Program (Low Income Heating Assistance Program) is here to help with your energy bills.

The Fuel Assistance program runs from Nov. 1 to Apr. 30, and applications will be accepted soon. If you have been on Fuel Assistance before, you should have already received your renewal application or be receiving it in the coming weeks. If you need any help filling it out or making copies of the documents that you need to attach, please contact Patrick.

If you are new to Fuel Assistance and would like to apply, eligibility is based on the size of the household and the combined gross income of its members. The income eligibility requirements are: for an **individual—\$34,001**; for **two persons—\$44,463**; for **three persons—\$54,925**.



To apply for Fuel Assistance, call **New England Farm Workers' Council in Fitchburg** at **978-342-4520**. We will also have a day in October when NEFW will be at the Shirley Senior Center—see the October newsletter for details. If you are homebound, please call Patrick at the Senior Center at **978-425-1390** to help you apply.

### Grandparents Raising Grandchildren By Patrick Curtin , Outreach Coordinator

“Grand families” are families headed by grandparents or a grandparent. According to statistics from 2012, in the US there were 7.8 million children living in households headed by a grandparent or other relative. In some families there are parents present as well but overall, nation-wide no parents are present in more than a third of these families, known as a “skipped generation” household. Grandparents step in due to multiple reasons such as parental death, mental illness, neglect of the children, military service and substance abuse. Some families have parents present working long hours and grandparents help due to their desire to help their children and grandchildren. In Massachusetts, according to the most recent statistics presented by U-Mass Boston Gerontology Department “Grandfacts” sheet there are over 100,000 children under the age of 18 living in homes where the “householder” is a grandparent or other relative. Over 30,000 of these grandparents are responsible for these children's basic needs. If you are a grandparent in this situation, it is essential to find information and support that will help you and your family succeed. There are some resources in our area that may be helpful such as support groups. Please let us know if there is assistance we can give you for your unique situation.



## *The Choice Café—Hot Lunches!*

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council. **We are now offering hot lunches for the winter!** There is a voluntary donation of \$3.00 requested.

Unlike our regular lunch, you **MUST CALL AHEAD** to reserve a meal. Call us by Mon. 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!



**September 14th menu is:** Chicken Corn Stew with Peas and Carrots, Dinner Roll and Dessert

**September 28th menu is:** Grilled Chicken Coq Au Vin, Rice Pilaf, Brussel Sprouts, Bread and Dessert

### NEWS FROM SHINE

**Our SHINE Counselor will be available**

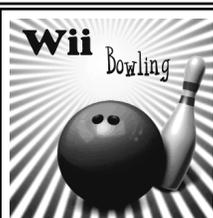
**By appointment on September 15th**

**Call us at 978-425-1390**

### **DON'T IGNORE YOUR MEDICARE MAIL!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving 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 2017 including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (October 15th– December 7th), 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.



## **Wii Bowling Is BACK!!**

**Mondays & Thursdays  
at 12:15 p.m.**

**Beginning the week of September 12th**

## **Senior Info ~ September 19th at 9 a.m.**

### **Bee Keeping**

***By Beekeepers Oliver Mutch  
and Jan Miller***

Buzz on over to the Senior Center and learn about beekeeping, why bees are so important and why our bees are vanishing.



***Instructor: Maria Skinner***

**Thursdays at 11 a.m.**

**September 7th - October 26th**

***Donation: \$24 Session or \$3 Drop In***

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 [coordinator@shirley-ma.gov](mailto:coordinator@shirley-ma.gov)**



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

**Blood Pressure Clinic**

**Thursday, September 8th 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.



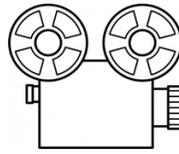
For an appointment:

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

**Appointments: Anytime**

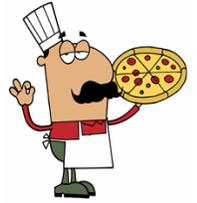
**Office Hours: Monday evenings  
5:00 – 7:00 p.m.  
at the Town Office Building**

**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**



**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.

**Hello, My Name is Doris**

**Wednesday, October 5 @ 11 a.m.**

Cost: \$2.00

**Director:** Michael Showalter

**Starring:** Sally Field, Max Greenfield, Tyne Daly



With help from her best friend's (Tyne Daly) granddaughter (Isabella Acres), a smitten woman (Sally Field) concocts schemes to get the attention of a younger co-worker (Max Greenfield) in her office.



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

*Menu*

Homemade Lasagna, Garden Salad  
Garlic Bread, Dessert  
Cost \$4.00  
*No reservations necessary*

**Walking Group for Seniors**

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).*

*Attention: Shirley Senior Veterans*

The Shirley Council on Aging cordially invites you to our monthly

**Veteran's Breakfast  
Monday, September 12th**

**8:30 a.m.**

This is a FREE breakfast made possible by The Shirley Charitable Foundation and Friends of Nashoba Valley Medical Center  
Served on the second Monday of each month

# 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: 9:00 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 designed to provide rewards to encourage participants to challenge themselves to take steps necessary to improve their health and live a better life. Participants will earn points for partaking in the eight focus areas of healthy living and bonus points for reinforcing the learning with additional activities. *Points will be redeemed for rewards!*

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

# September 2016

# Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>DROP IN CAFÉ</b> Mon.-Thurs. 9 AM to NOON	<i>For a SHINE</i> <i>Appointment</i> <i>Call</i> <b>978-425-1390</b>		<b>1</b> 9:00 Walking Group <b>11:00 Ageless Grace</b>	<b>2</b> Closed	<b>3</b>
<b>4</b>	<b>5</b> <b>LABOR DAY</b> <b>CLOSED</b>	<b>6</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>7</b> 8:30-9:30 Senior Fitness <b>9:00 Aging Mastery Program</b> <b>11:00 PIZZA &amp; A MOVIE</b> "Eddie The Eagle" 1:00 Bingo	<b>8</b> 9:00 Walking Group 9:30 Blood Pressure <b>11:00 Ageless Grace</b>	<b>9</b> Closed	<b>10</b>
<b>11</b>	<b>12</b> <b>8:30 VETERANS</b> <b>BREAKFAST</b> 11-12 Qigong <b>12:15 Wii Bowling</b> 1-4 Card Game Time	<b>13</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>14</b> 8:30-9:30 Senior Fitness <b>9:00 Aging Mastery Program</b> <b>11:30 Choice Café</b> 1:00 COA Meeting	<b>15</b> 9:00 Walking Group <b>9:00 SHINE</b> <b>11:00 Ageless Grace</b> <b>12:15 Wii Bowling</b>	<b>16</b> Closed	<b>17</b>
<b>18</b>	<b>19</b> <b>9:00 SENIOR INFO</b> <b>Intro to Bee Keeping</b> 11-12 Qigong <b>12:15 Wii Bowling</b> 1-4 Card Game Time	<b>20</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>21</b> 8:30-9:30 Senior Fitness <b>11:30 SENIOR LUNCH</b> <b>1:00 Bingo</b>	<b>22</b> 9:00 Walking Group <b>11:00 Ageless Grace</b> <b>12:15 Wii Bowling</b>	<b>23</b> <b>9:00</b> <b>Aging Mastery</b> <b>Program</b> <b>(Sleep Specialist)</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>8:30 SENIOR</b> <b>BREAKFAST</b> 11-12 Qigong <b>12:15 Wii Bowling</b> 1-4 Card Game Time	<b>27</b> 9:00 Walking Group 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	<b>28</b> 8:30-9:30 Senior Fitness <b>9:00 Aging Mastery Program</b> <b>11:30 Choice Café</b> <b>1:00 Bingo</b>	<b>29</b> 9:00 Walking Group <b>11:00 Ageless Grace</b> <b>12:15 Wii Bowling</b>	<b>30</b> Closed	