



Shirley Council on Aging

Volume: 8

NEWSLETTER OCTOBER 2016

Issue: 10

Senior Center • 9 Parker Road • Shirley, MA 01464

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

Medicare Open Enrollment Begins October 15th



Our SHINE Regional Director, Ed Roth, will be at the Senior Center on **October 31st 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 going on at your Senior Center this month. Wii Bowling is back on **Mondays and Thursdays at 12:15**. The Aging Mastery Program continues every **Wednesday morning from 9-11 a.m.** Our summer “hit” Ageless Grace continues every **Thursday morning at 11 a.m.** This is the chair-based anti-aging fitness program for body and mind that almost anyone can do!

Don’t miss our **Halloween Party on October 26th from 11 a.m.—1 p.m.!** Come in costume or not, but don’t miss it! We’ll have Vespa Pizza, salad, snacks, cider and more along with lots of fun!

It’s that time of year again when we need to start thinking about heating bills. 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 12th 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



October 31st 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.



Free Thanksgiving Dinner

at Senior Center

November 24th

11 a.m. to 2 p.m.

Shirley seniors who will be alone on Thanksgiving Day are invited to enjoy a traditional Thanksgiving Dinner with all the trimmings here at the Senior Center on 9 Parker Rd. Take-outs and deliveries are available for those unable to come to the Center.

You must make a reservation by calling

978-425-1390 or email: coadirector@shirley-ma.gov

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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MEDICAL EQUIPMENT COORDINATOR

Hans Onsager

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Chris Bibby

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, and Bob Perry

Program Support:

Ron & Shirley Deyo, Don Parker, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Tony Bucca, Beverly Smith, Barbara Lugin, Juanita Fields, Kathy Cormier, Marianne Alexander, and Helen Kramer

Newsletter Distribution: Ray Gagnon and Melissa Slattery

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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, Missy Slattery, Joe Landry, Joyce Patton, Sandy and Gene Wixom

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



Folgers Decaf Coffee



DON'T FORGET!

No Veterans' Breakfast in October ~ Next one is November 8th
Senior Lunch / Halloween Party ~ Wednesday, October 26 ~ 11:00 a.m.
Senior Breakfast ~ Monday, October 24th ~ 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. Please call to make an appointment if you need something notarized.

Fuel Assistance Program



The weather is finally cooling down and our thoughts turn to the heating season. If you've had trouble paying for your heat other 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 are being accepted now. If you have been on Fuel Assistance before, some of you will 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.

New England Farm Worker's Council representatives will be at the Shirley Senior Center on October 12th to help seniors apply for Fuel Assistance. You must call ahead for an appointment at 978-425-1390.

If you are homebound, please call Patrick at the Senior Center at **978-425-1390** to help you apply.

Link-Up and Lifeline—What Consumers Should Know

Link-Up is a federal/state program that helps eligible households reduce the cost of installing telephone service. This program pays some of the cost of connecting local telephone service to your home or activating service.

Lifeline is a federal/state program that offers eligible consumers a discount on their monthly local telephone bill. This program is made available to those who meet eligibility requirements (such as being on the Fuel Assistance, MA Health, SSI, SNAP).

How much do you save?

Link-Up Will pay 50% discount or up to a maximum of \$30.00 of an eligible consumers home telephone installation fees. An additional discount may apply to residents of a federally recognized tribal lands.

Lifeline A consumer can save between \$16.00 and \$18.39 on their basic monthly service bill. These benefits apply to basic local telephone service charges that are purchased as *measured service* (including local usage), or as a *flat rate* service. Apply by contacting your local telephone carrier or call Patrick at the Senior Center.

Two of the Massachusetts carriers that offer Link-Up and Lifeline service are:

Verizon: www.verizon.com/lifeline or call 1-800-837-4966

Safelink Wireless: www.safelinkwireless.com or call 1-800-723-3546



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!

October 12th menu is: Cheesy Cauliflower Soup, Alaskan Salmon Boat with Dill Sauce, Rice Pilaf, Bread and Tropical Fruit

October 19th menu is: Turkey a la King with Penne Pasta, Tossed Salad, Dinner Roll and Applesauce

Shirley Ghost Walk

October 29th ~ 6-8:45pm

Behind the Shirley Senior Center in the haunted woods



\$5.00 donation

Refreshments, snack items and beverages will be served inside your Senior Center. Bring the children for a scary good time!

Plenty of parking...Have a frightful night for a great cause!

(All proceeds to benefit the Senior Center Activities)



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



Thursday, October 13th
9:00 –11:00 a.m.

Please bring your Medicare and insurance cards

**Senior Info October 17th at 9 a.m.
 Fraud Prevention for Seniors**

With James Normington, Financial Advisor and Sgt. Peter Violette, Shirley Police Department

Continental Breakfast provided



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 2017.

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 20th and November 17th
 Call us at 978-425-1390

Save the Date:

Our Regional Director, Ed Roth, will be at the Senior Center on **October 31st 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.

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.



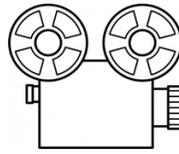
For an appointment:

Call: 978-425-2600 x280

Appointments: Anytime

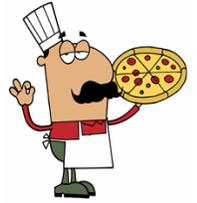
**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

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



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.



The Lady in the Van

Wednesday, November 2nd @ 11 a.m.

Cost: \$2.00

Director: Nicholas Hytner

Starring: Maggie Smith,
Alex Jennings, Jim Broadbent

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

Thanks By Giving

Bemis Associates'

Seniors Holiday Luncheon

Come Celebrate the Season With



Bemis Associates Inc. cordially invites you to our

19th Annual

Holiday Luncheon

Saturday, November 12, 2016

NEW Location!

SpringHill Suites, Grande Ballroom

31 Andrews Parkway, Devens, MA

DOORS OPEN AT 11:00 AM

To reserve your seat call:

986-425-1390

By November 1st

Due to hall capacity space is limited

We're sorry, but no guests please



Halloween Party

Wednesday, October 26th

11 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

Hear...Here

Join us for Breakfast Tea & Crumpets

October 20th, 2016 at 9am

Sponsor: Zounds Hearing of Westford

Presented by: Dorothy Potts, Licensed Hearing Instrument Specialist

THE INVISIBLE CHALLENGE OF HEARING LOSS

LEARN TO:

- Recognize causes and prevalence of hearing loss
- Identify symptoms of hearing loss
- Understand chronic diseases and comorbidity with hearing loss
- Appreciate treatment options

OUR GOAL: Attendees of this presentation will learn about hearing loss and the importance of hearing health awareness. The speaker will highlight the causes of hearing loss, the impact of hearing loss on social interaction, and the consequences of untreated hearing loss. Dorothy will also discuss the correlation between chronic diseases and comorbidity with hearing loss creating an awareness of the importance of better hearing health and the need for obtaining baseline hearing exams.

This Presentation will be followed by a Hearing Clinic on October 27th at 9 a.m. To sign-up for the Clinic call 978-425-1390 or email: coadirector@shirley-ma.gov

Vote Early at the Town Offices - October 24 to November 4

Early Voting will begin on Monday, October 24 and continues through Friday, November 4 in all Massachusetts cities and towns. Early Voting is available for every registered voter. It can be done in person or by mail. Our early voting site is the Town Offices at 7 Keady Way. It is open to all voters during the following times:

Monday	10/24	8am - 7pm	Monday	10/31	8am - 7pm
Tuesday	10/25	8am - 4pm	Tuesday	11/1	8am - 4pm
Wednesday	10/26	8am - 4pm	Wednesday	11/2	8am - 4pm
Thursday	10/27	8am - 7pm	Thursday	11/3	8am - 7pm
Friday	10/28	8am - 1pm	Friday	11/4	8am - 1pm
Saturday	10/29	9am - 1pm			

No application is needed if you would like to vote in person at the Town Offices. You will check in, receive a ballot, vote the ballot at a voting booth, seal it in an envelope (provided) which will include lines to print your name, address and signature on and then pass it in to an election worker. The ballot will be held until election day and processed at the polls the same way we currently process Absentee Ballots. If you would like to receive an EV ballot by mail, please contact Amy McDougall, Town Clerk.

Absentee voting is still possible and can be done about a week earlier. Absentee voters, however must meet a legal requirement – it is for folks who will be absent from Shirley on Election Day or have a disability or religious belief that prevents them from going to the polls.

In-mid-October, the State Elections Division will be mailing an Information for Voters Pamphlet that includes information about the state-wide ballot questions.

The Town Clerk can be reached at: 978-425-2600, x1 or clerk@shirley-ma.gov with any questions.

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

October 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	4 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	5 8:30-9:30 Senior Fitness 9:00 Aging Mastery Program 11:00 PIZZA & A MOVIE "Hello, My Name is Doris" 1:00 Bingo	6 11:00 Ageless Grace 12:15 Wii Bowling 12:15 - 3:00 Bridge	7 Closed	8
9	10 CLOSED COLUMBUS DAY	11 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	12 8:30-9:30 Senior Fitness 9:00 Aging Mastery Program 9:00 -2:00 FUEL ASSISANCE 11:30 Choice Café 1:00 COA Meeting	13 9:00-11:00 FLU CLINIC 11:00 Ageless Grace 12:15 Wii Bowling 12:15 - 3:00 Bridge	14 Closed	15
16	17 9:00 FRAUD PREVENTION 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	18 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	19 8:30-9:30 Senior Fitness 9:00 Aging Mastery Program 11:30 Choice Café 1:00 Bingo	20 9:00 SHINE 9:00 HEARING PRESENTATION 11:00 Ageless Grace 12:15 Wii Bowling 12:15 - 3:00 Bridge	21 Closed	22
23	24 8:30 SENIOR BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	25 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	26 8:30-9:30 Senior Fitness 9:00 Aging Mastery Program 11:00 HALLOWEEN PARTY 1:00 Bingo	27 9:00 HEARING CLINIC 11:00 Ageless Grace 12:15 Wii Bowling 12:15 - 3:00 Bridge	28 9:00 Aging Mastery Program (Sleep Specialist)	29 6-8:45 P.M. GHOST WALK
30	31 10:00 MEDICARE UPATE 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time		DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON	<i>For a SHINE Appointment Call 978-425-1390</i>	Closed	