ASHLAND SENIOR CITIZEN NEWS

ASHLAND COUNCIL ON AGING

ASHLAND COMMUNITY CENTER • 162 WEST UNION ST.

JANUARY 2016 *508-881-0140 X7600*

Joanne Duffy
Director of Elder Services

COUNCIL ON AGING

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VICE CHAIR .....
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OUTREACH COUNSELOR EXT.7945) Susan Wells

ACTIVITY/VOLUNTEER COORDINATOR EXT 7955 KIM KOTOB

EXERCISE INSTRUCTOR Joni LeBov

WATERCOLOR INSTRUCTOR Suzie Meeker

TAI CHI INSTRUCTOR Robin Natanel

VAN DRIVER.....Gabriel Mugerian
COMPUTER ..... Flo Dancause
PARAFFIN WAX..... Rina Zarba
PARKINSONS.....Joyce Indelicato
NURSE Lillian McCarrick

Friends of the Council on Aging

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Clara Caya	Treasurer
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Kathy Zilioli	

COUNTRY STORE

OPEN MONDAY-THURSDAY
9:00AM - 3:30PM
FRIDAY
9:00AM - 1:00PM

Sponsored by the FCOA
(Proceeds subsidize the Monday Hot Lunch)
We accept both new and Barely used items.

UPCOMING EVENTS

TRANSPORTATION available to senior programs, medical appointments, grocery shopping and errands. Please call the Senior Center for more information.

Jan 1	Senior Center Closed
Jan. 5/19	BINGO
Jan. 6	Book Club
	Handwaxing
Jan.7	Breakfast
	COA
	FCOA
Jan 8	Lawyer Appointments
Jan 13	Parkinson's Support
Jan. 14	State Rep. Coffee Hour
Jan. 14/28	Caregiver Support
Jan. 18	Martin Luther King Day
Jan. 20	Pool Group starts
Jan 21	Coffee and Pie Day
Jan 25	Birthday Luncheon
Jan 26	Podiatrist
Jan 28	Coffee-"Downsizing"
Feb 2	Income Tax Preparation starts

SCHEDULE
SENIOR PROGRAMS

Art Classes.....Tues. /Weds.
BINGO.....First & Third Tuesdays
Bowling .....Tues. meet at 8:30a m
Breakfast.....First Thursday-starting Oct
Caregiver Support.... Second & Fourth Thursday
Cards.....Mon/Wed. 12:30pm
Computer Class .....Mondays 10 & 11
Dominoes.....Mondays 12:30pm
Exercise .....Mon/Wed/Fri 9:00&10:00
Handwaxing..... By appointment
Lunch.....Mondays
Lunch (School).....Tuesdays—Middle School
Movies .....Thursdays 1:00pm
Nurse .....Mondays (various locations)
Party Bridge .....Tues. 12:30pm
Practically Fit.....Tues. 11:00am
Parkinson Support .....Second Wednesday
Parkinson Exercise .....Wed. 11:15am/Friday 11:15am
Podiatrist..... Every 6 weeks by appt.
Scrabble.....Thursdays 10:00am
SHINE.....Thursday mornings
Tai Chi.....Thurs. 9:30am
Walking Club..... Tuesday/Thursday 10:30am

Senior Center
Cancellation Policy

The Senior Center will be closed on all holidays observed by Town Hall employees. Activities and transportation **may** be cancelled due to inclement weather. The bus/van will not **operate when weather causes school closings.** Stay tuned to your local TV station for listing of school closings.

SENIOR CENTER HOURS

MONDAY -THURSDAY 9:00 am – 3:30pm
FRIDAY 9:00 am - 1:00pm.

COUNTRY STORE- CHECK IT OUT
OPEN MONDAY-THURSDAY
9:00AM -3:30PM
FRIDAY 9:00AM-1:00PM
Sponsored by the FCOA
(**Proceeds subsidize the Monday Hot Lunch)**
WE ACCEPT BOTH NEW AND BARELY USED ITEMS

Monday Lunches at the Senior Center- Noon

Cost $3.00 (Must be paid in advance by 3:30pm- the Thursday before the lunch)
No phone reservations accepted
(Cost of meals subsidized by the Friends of the COA)
Transportation will be provided but must be arranged in advance. **Salads will be served at 11:45am**
Please let us know if your Birthday falls this month and your lunch will be free on January 25th.
Meal includes dessert and beverage.

MENU

Jan 4	Stuffed Pork
Jan 11	Fish
Jan 25	Chicken Parmesan

Paraffin Hand Bath (Free)

Tuesday, January 5, from 10:00-11:30
Please call for your appointment
Relax and escape from everyday stress. Warm paraffin wax removes dull, dry surface skin cells, heat-softened paraffin wax smoothes skin on hands.

2016 Medicare Part B Premium

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare. Most people who had their Part B premium deducted from their Social Security check last year will continue to pay $104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay $121.80 per month.

There are exceptions based on income. All people with incomes higher than $85,000 per year ($170,000 for a couple) have higher premiums. They will pay between $170.50 and $389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

MOVIE DAY

EVERY THURSDAY 1:00PM

REFRESHMENTS

Ashland Parkinson's Support Group

Wednesday, January 13, 2016, 1:30-3:00 PM
Ashland Parkinson Disease Support Group
Program description
YMCA Parkinson's Disease Wellness Program

For over 50 years the MetroWest YMCA, with branches in Framingham and Hopkinton, has helped members improve their health and well being while building a stronger sense of community. The MetroWest YMCA is a cause driven charitable organization that is for youth development, healthy living and social responsibility.

The Y promotes healthy living. Wellness in spirit, mind and body strengthens our very being and enhances our interactions with others.

On **January 13th at 1:30pm** representatives of The Y will visit the Ashland Senior Center located at **162 West Union St. Ashland,** to share with the community information on a "Parkinson's Disease wellness Program". The PD Wellness Program is specifically designed to help individuals with Parkinson's disease, MS, or any other neuromuscular conditions, to maintain and improve their quality of life. Each one hour class will include balance, cognition, strength, and flexibility exercises. All exercises can be modified to accommodate each individual's needs and abilities.

They will demonstrates examples of exercises and explain the Pete Donahue Scholarship. The Pete Donahue Scholarship was established through the very generous gifts made by the family and friends of the late Pete Donahue. His family would like to help other individuals with Parkinson's disease access the programs and services that the MetroWest YMCA provides. The public is invited to join us for this informative discussion.

INCOME TAX PREPARATION
Appointments available for Tuesdays & Wednesdays
Feb 2- April 13, 2016
Please call the Senior Center

MA AARP has advised us that they will be strictly enforcing scope limitations this upcoming tax season. There will be no exceptions to these new limitations.

Only Massachusetts state returns are allowed to be filed this upcoming tax season.

Rental income is excluded from their scope this upcoming tax season, therefore they are unable to prepare their 2015 tax returns.

Did you Know:
The Ashland Senior Center is now doing it's part to recycle? Soon you should notice blue recycling bins in various parts of our building, please be sure to recycle your trash. We do ask that it be clean as we do not want to attract special pets. Thank you for your support.

HOT LUNCH
Ashland Middle School
Tuesdays 12:45pm
Cost: $1.00 Ice Cream 50 cents

ALL DOORS ARE LOCKED UNTIL 12:15pm.
ARRIVE ANY EARLIER!!!!!

All Seniors are invited every Tuesday for a special lunch prepared just with them in mind. No reservations are necessary – just stop by the Middle School (Old High School) on West Union St and use the entrance closest to the fields. Free Transportation can be arranged through the Senior Center.

Don't forget to Exercise during the winter months!!
Suggested Donation for all Classes - $2.00

Aerobic Exercise- classes offered by Joni Lebov on **Monday - Wednesdays–Fridays at 9:00am &10:00am.** Classes cover the basics: low impact cardio, balancing, stretching and strengthening-all accompanied by persistent coaching. The instruction is scaled to fit your needs and includes many dance modes; salsa, Irish step, .hula, from tap to tango.

Practically Fit -Tuesdays at 11:00 is offered by Mary Ellen Giombetti. Stay healthy and live well with this beginner to intermediate level class. Learn practical fitness techniques designed to help you maintain/increase mobility, flexibility and balance.

Tai Chi- Thursdays at 9:30am is offered by Robin Nantanel**.** She focuses on the mental as well as the physical aspect of fitness. The program consists of a series of movements and breathing exercises designed to build strength, restore balance and increase flexibility while helping the individual attain a heightened state of being.

Yoga- Tuesdays – Chair/Mat Yoga at 1:00pm–.. This is a gentle "Easy does It" approach to Yoga for seniors. To develop balance and flexibility, increase concentration, and learn relaxation and breathing techniques. Take time to yourself on Tuesday afternoons to improve your overall wellbeing.

Parkinson's Disease Exercise Class -Clinical Exercise Physiologist, Joyce Indelicato

Wednesdays @11:15 & **Fridays at 11:15am**. Did you know that exercise can be a useful drug treatment for people with PD? Regular exercise has been shown to improve some of the symptoms of the disease by keeping muscles strong, improving flexibility, mobility, and balance and decreasing rigidity and joint stiffening. You can experience the benefits of exercise by joining us in this class designed specifically for people with P.D.

Senior Walking Club 10:30am

Not only will walking improve your physical health, walking may boost your mood by releasing a natural chemical linked to energy, mood and attention. Join Kim, Tuesdays and Thursdays, from 10:30 to 11:00 We will walk in the Great Room if the weather is an issue other off to the State Park..

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **HAPPY NEW YEAR** **SENIOR CENTER** **CLOSED**
4 9:00am Exercise 9:15 am Nurse 10:00am Computer Training 10:00am Exercise 10:15am Chair Volleyball **12:00pm Hot Lunch** 12:30p.m.Cards 12:30 Dominoes	**5** 8:30 Bowling 9:00 am Art Class **Handwaxing** **10:30 Walking Club** 11:00am Practically Fit 12:30 pm Party Bridge **12:40 Lunch Middle School** 1:00pm Chair Yoga ***1:30 pm BINGO***	**6** 9:00 am Art Class 9:00am Exercise 10:00am. Exercise **10:00am Book Club** **11:15am Parkinson's Exercise** 12:30pm- Cards	**7** **9:00am Breakfast** **9:00am SHINE appts.** 9:30 am Tai Chi 10:00am Scrabble 10:00am COA Meeting **10:30 Walking Club** **12:00pm FOCA Meeting** **1:00 pm MOVIE**	**8** 9:00am Exercise 10:00am Exercise **10:00am Appts. With Arthur Bergeron** 11:15am Parkinson's Exercise **1:00pm** **Senior Center Closed**
11 9:00am Exercise 9:15 am Nurse 10:00am Computer Training 10:00am Exercise 10:15am Chair Volleyball **12:00pm Hot Lunch** 12:30p.m.Cards 12:30 Dominoes	**12** 8:30 Bowling 9:00 am Art Class **10:30 Walking Club** 11:00am Practically Fit 12:30 pm Party Bridge **12:40 Lunch Middle School** 1:00pm Chair Yoga	**13** 9:00 am Art Class 9:00am Exercise 10:00am. Exercise **11:15am Parkinson's Exercise** 12:30pm- Cards **1:30pm Parkinson's Support Group**	**14** **9:00 SHINE appts.** 9:30 a.m. Tai Chi 10:00am Scrabble **10:30 Walking Club** **1:00 pm MOVIE** **Caregiver Support Group**	**15** 9:00am Exercise 10:00am Exercise **No Parkinson Exercise** **1:00pm** **Senior Center Closed**
18 9:00am Exercise 10:00am Computer Training 9:15 am Nurse 10:00am Exercise 10:15am Chair Volleyball **12:00pm Hot Lunch** 12:30p.m.Cards Dominoes	**19** 8:30 Bowling 9:00 am Art Class **10:30 Walking Club** 11:00am Practically Fit 12:30 pm Party Bridge **12:40 Lunch Middle School** 1:00pm Chair Yoga ***1:30 pm BINGO***	**20** 9:00 am Art Class 9:00am Exercise **9:30am Pool** 10:00am. Exercise **11:15am Parkinson's Exercise** 12:30pm- Cards	**21** **9:00 SHINE appts.** 9:30 a.m. Tai Chi 10:00am Scrabble **10:30 Walking Club** **Pie day** **1:00 pm MOVIE**	**22** 9:00am Exercise 10:00am Exercise **No Parkinson Exercise** **1:00pm** **Senior Center Closed**
25 9:00am Exercise 10:00am Computer Training 9:15 am Nurse 10:00am Exercise 10:15am Chair Volleyball 12:00pm Hot Lunch 12:30p.m.Cards	26 8:30 Bowling 9:00 am Art Class **Podiatrist** **10:30 Walking Club** 11:00am Practically Fit 12:30 pm Party Bridge **No Lunch Middle School** 1:00pm Chair Yoga	27 9:00 am Art Class 9:00am Exercise 10:00am. Exercise **11:15am Parkinson's Exercise** **12:00pm Soup Day** 12:30pm- Cards	**28** **9:00 SHINE appts.** 9:30 a.m. Tai Chi 10:00am Scrabble **10:30am Coffee-Downsizing** **10:30 Walking Club** **Caregiver Support Group**	**29** 9:00am Exercise 10:00am Exercise **11:15am Parkinson Exercise** **1:00pm** **Senior Center Closed**

RESERVED FOR SPONSOR ADS

Free Legal Advice (15 minute appointments)
Elder Law Attorney Arthur Bergeron
Second Friday of each month
(starting January 8th)
Please call the Senior Center to make your appointment

OUTREACH NEWS
By Susan Wells
Are You a Family Caregiver?

A "family caregiver" is anyone who provides any type of physical and/or emotional care for an ill or disabled loved one at home. At times, you may feel overwhelmed or alone. But despite its challenges, caregiving can also be rewarding. The tips listed below can help you get the support you need while caring for someone you love in a way that may benefit both of you.

- Learn as much as you can about your family member's illness or disability.
- Seek support from other caregivers. You are not alone!
- Take care of your own health so that you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things people can do to help you.
- Know your limits. Be realistic about how much you can give. Set clear limits, and communicate those limits to doctors, family members, and others.
- Learn how to communicate effectively with doctors.
- Caregiving is hard work so take respite breaks often.
- Watch out for signs of depression and don't delay in getting professional help when needed.
- Organize medical information so it's up to date and easy to find.
- Make sure legal documents are in order.
- Trust your instincts. Remember, you know your family member best.
- Give yourself credit for doing the best you can do in one of the toughest jobs there is.

Come for support to our twice monthly Caregiver Support Group at the Senior Center. We meet the 2nd and 4th Thursday of each month at 1:00 pm. We strive to give everyone a chance to speak and share their experiences, tips and resources, and we aim to treat everyone with dignity and respect.

Pool

January 20-9:30am
Interested in playing Pool? Please join Bob the first and third Wednesday of each month in the Game Room.

HEARTY BREAKFAST- sponsored by the Lion's Club!!
January 7, 9:00am Senior Center
Please make your reservation
Cost: $1.00 to be paid in advance of the breakfast
Includes coffee, juice pastry, fruit

Foot Care

The Podiatrist will be at the Senior Center on **Tuesday, Jan 26, 9:00am** to provide routine foot exams, clip toenails, etc. The cost is $25.00 in cash or by check to be paid on that day. Call the Senior Center to make your appointment.

Paraffin Hand Bath (Free)
Tuesday from Janaury 5,10:00-11:30
Please call for your appointment
Relax and escape from everyday stress. Warm paraffin wax removes dull, dry surface skin cells, heat-softened paraffin wax smoothes skin on hands. Gentle heat may ease stiff joints and little everyday aches.

PROPERTY TAX WORK OFF APPLICATIONS AVAILABLE AT THE SENIOR CENTER FOR 2016
This program allows participants to work off up to $750 in property taxes a year at a rate of $9.00 an hr. for a maximum of 83 hours. Gross income may not exceed $40,000 for an individual, $55,000 for married filing jointly. New program begins January 2016. Applications now available at the Senior Center.

BOOKENDS—Book Club
Book—"Sarah's Key" by Tatiana de Rossay

Did you Know???
January is SOUP month.? What better way to warm your belly on a cold winter's day?
Join us Wednesday, January 27th at 12:00
for a cup of hot soup. FREE RSVP at the office by 1/21/2016

National Pie Day is January 23, 2016
BUT
National Pie Day Observation at the Ashland Senior Center is
January 21st at 10:30 AM.
National Pie Day? Well, why not? Pies have always been a sweet treat to warm the cold winter days and with the holiday celebrations a fading memory, this is a great way to warm up a January cold snap.
RSVP: At the Senior Center, 508-881-0140

Thinking of Downsizing?
Thursday, January 28 at 10:30.
RSVP: At the Senior Center, 508-881-0140
Want to move BUT overwhelmed and stressed about parting with your stuff? Even if you are just starting to about your next move, come to listen and ask questions so you can make decisions while YOU are still in charge.
"STUFF" presented by: Ann Newberry, Senior move Manager of Smooth Transitions Massachusetts ---Moving for Seniors