



ASHLAND SENIOR CITIZEN NEWS

ASHLAND COUNCIL ON AGING

ASHLAND COMMUNITY CENTER • 162 WEST UNION ST.

**"Bookends"
Book Club**

FEBRUARY 2016 508-881-0140 X7600

Joanne Duffy
Director of Elder Services

COUNCIL ON AGING

CHAIR..... Izzy Assensoa
VICE CHAIR
SECRETARY.....Diane Hansen

MEMBERS Arthur Caya,
Diane Hansen, Carol Love, Barbara Thoresen,
Alice Smart, Jay Winchenbach, Ed Brudz, Jim
Zebrowski

DIRECTOR (Ext. 7944) Joanne Duffy

OFFICE COORDINATOR
(Ext. 7600) Janet Borelli

SHINE (Medicare) COUNSELORS
Tom Daly & Anny Hsu

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

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 27	Soup Day
Jan 28	Coffee "Downsizing"
Feb 2	Income Tax Preparation starts
Feb 2	Groundhog Day Celebration
Feb 2	Legal Advice
Feb 2/16	BINGO
Feb 3	Book Club
Feb 4	Breakfast
	COA Meeting
	FCOA Meeting
Feb 5	National Bubblegum Day
	"Man Day"
Feb 8	Presentation China-What every American should know
Feb 10	Parkinson Support
Feb 11/25	Caregiver's Support
Feb 12	Legal Advice
Feb 15	Holiday - CLOSED
Feb 16	Hand waxing
	National Gumdrop Day
Feb 24	Prebiotics and Probiotics Presentation
Feb 29	Birthday Lunch
March 7	Announce Snowfall prediction winner

Friends of the Council on Aging

Warren Wales	President
Josie Pimentel	Vice President
Clara Caya	Treasurer
Eleanor Torelli	Secretary
Bette Smith	
Lil Feinberg	
Walter Smith	
Carol Ann Jacobson	
Kathy Zilioli	

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

Sessions are held in the main lounge at the Ashland Senior Center.
 February 3, 10:00am
 The next book is "Plum Tree" by Ellen Marie Wiseman

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 February 29th

Meal includes dessert and beverage.

MENU

- Feb 1 Stuffed Chicken
- Feb 8 Chinese Food (**Presentation-China**)
- Feb 15 Senior Center Closed
- Feb 22 Pasta and Meatballs
- Feb 29 Roasted Chicken

Paraffin Hand Bath (Free)

Tuesday, February 16, 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.

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

Ashland Parkinson's Support Group

Wednesday, February 10, 2016, 1:30-3:00 PM

Ashland Parkinson Disease Support Group

Program description:

Performing everyday tasks can be very difficult for those suffering from Parkinson's, MS, Lewy Body Dementia and other neuromuscular diseases. There are various devices on the market today to assist those in need. Many of us might not be aware of the existence of these "assistive devices" and how they can help us in day to day living. Our guest speaker Cheryl Burgess, Respiratory Therapist, Bouvier Pharmacy & Home Medical Solutions, Marlborough, MA, will give a "show & tell" presentation at our February 10, 2016 meeting on devices that are readily available today. The APDSG provides support to those with Parkinson's and their Caregivers. It is open to people of all ages and locales. Meetings are held at 1:30 - 3:00 PM on the second Wednesday of each month at the Ashland Community Center, 162 Union Street, Ashland, MA. Please join us for an interesting and informative meeting. For further information please contact Chuck Kenney, Coordinator, 508-481-3375 or Jim Bartley, Co-Coordinator, 508-881-5407. We hope to see you on February 10.

MOVIE DAY**EVERY THURSDAY 1:00PM****REFRESHMENTS**

Feb 4	True Grit-	John Wayne
Feb 11	The Devils Own-	Harrison Ford
Feb 18	The Magnificent Seven-	Steve McQueen
Feb 25	Roman Holiday-	Audrey Hepburn

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.

Prebiotics and Probiotics

Wednesday, February 24th at 11:00am

You've probably heard of prebiotics and probiotics, but do you know what they are? Nutrition research has pinpointed specific functional components of foods that may improve health, and prebiotics and probiotics are two such substances.

Come learn about the health benefits of these substances and where to find them.

Ashland Senior Center, Right after exercise. Healthy snack will be served.

RSVP: At the office or call [508-881-0140](tel:508-881-0140) ext 1.

Life Long Learning with Larry Lowenthal

Monday, February 8th at 12:30p.m.

Following Monday Lunch

CHINA: WHAT EVERY AMERICAN SHOULD KNOW ABOUT THE COLOSSUS OF THE 21ST CENTURY--THE HISTORY, THE PEOPLE, THE ECONOMY AND THE POTENTIAL RIVALRY WITH THE UNITED STATES

Please register at the office if you are not attending Monday lunch.

The Computer Room is *not* available to the public on Thursday mornings. It will also be closed Tuesdays and Wednesdays starting February 2nd- Income Tax Season

Foot Care

The Podiatrist will be at the Senior Center on **Tuesday, March 8, 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.

February 2nd is Groundhog Day.

I wonder if Phil will see his shadow.

Are you ready for spring or secretly hoping for 6 more weeks of winter?

Come celebrate or commiserate over coffee and a treat.

Ashland Senior Center Lounge

February 2nd at 10:00am

Boston and all around had record snowfall in 2015.

Do you think it will happen again? How much snow do you predict we will get in the end?

Make your predictions by March 1st at the Senior Center; you could win a free Monday lunch.

Winner will be announced at Monday's lunch, **March 7th.**

Closest guess will win.

You do not need to be present to win.

JUST STOP BY AND ENJOY:

February 5th is National Bubblegum Day.

Come to the Ashland Senior Center and enjoy a gumball with us.

February 16^h is National Gumdrops Day

Come to the Ashland Senior Center and enjoy a gumball with us.

Man-Day

When: February 5th 2016

Time: 11:00 am

Place: Ashland Senior Center Activity Room

RSVP: [508-881-0140](tel:508-881-0140) ext 1

Man-Day, February 7th, Observed February 5th at the Ashland Senior Center. Man-Day refers to the day when a group of guys get together and forget about their problems and girls. Men only, no women. You are not allowed to text or interact with women during the time you are with your friends on man day.

Ball Park Franks, Root Beer, nuts and or just talking bull. It is time for some male bonding

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

Join us on FACEBOOK @
ASHLAND SENIOR CENTER
Be sure to "LIKE" us and "SHARE"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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</p>	<p>2</p> <p>8:30 Bowling 9:00 am Art Class Tax Appointments 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</p>	<p>3</p> <p>9:00 am Art Class 9:00am Exercise 9:30am Pool Tax Appointments 10:00am. Exercise 10:00am Book Club 11:15am Parkinson's Exercise 12:30pm- Cards</p>	<p>4</p> <p>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</p>	<p>5</p> <p>National Bubblegum day 9:00am Exercise 10:00am Exercise 11:00am Man Day 11:15am Parkinson's Exercise</p> <p>1:00pm Senior Center Closed</p>
<p>8</p> <p>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</p>	<p>9</p> <p>8:30 Bowling 9:00 am Art Class Tax Appointments 10:30 Walking Club 11:00am Practically Fit 12:30 pm Party Bridge 12:40 Lunch Middle School 1:00pm Chair Yoga</p>	<p>10</p> <p>9:00 am Art Class 9:00am Exercise 9:30am Pool Tax Appointments 10:00am. Exercise 11:15am Parkinson's Exercise 12:30pm- Cards 1:30pm Parkinson's Support Group</p>	<p>11</p> <p>9:00 SHINE appts. 9:30 a.m. Tai Chi 10:00am Scrabble 10:30 Walking Club 1:00 pm MOVIE Caregiver Support Group</p>	<p>12</p> <p>9:00am Exercise 10:00am Exercise 10:00am Appts. With Arthur Bergeron 11:15am Parkinson's Exercise</p> <p>1:00pm Senior Center Closed</p>
<p>15</p> 	<p>16</p> <p>National Bubblegum Day 8:30 Bowling 9:00 am Art Class 10:00am Hand waxing Tax Appointments 10:30 Walking Club 11:00am Practically Fit 12:30 pm Party Bridge 1:00pm Chair Yoga 1:30 pm BINGO</p>	<p>17</p> <p>9:00 am Art Class 9:00am Exercise 9:30am Pool Tax Appointments 10:00am. Exercise 11:15am Parkinson's Exercise 12:30pm- Cards</p>	<p>18</p> <p>9:00 SHINE appts. 9:30 a.m. Tai Chi 10:00am Scrabble 10:30 Walking Club 1:00 pm MOVIE</p>	<p>19</p> <p>9:00am Exercise 10:00am Exercise 11:15am Parkinson's Exercise</p> <p>1:00pm Senior Center Closed</p>
<p>22</p> <p>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</p>	<p>23</p> <p>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</p>	<p>24</p> <p>9:00 am Art Class 9:00am Exercise 9:30am Pool 10:00am. Exercise 11:00am Prebiotics and Probiotics 11:15am Parkinson's Exercise 12:30pm- Cards</p>	<p>25</p> <p>9:00 SHINE appts. 9:30 a.m. Tai Chi 10:00am Scrabble 10:30 Walking Club 1:00 pm MOVIE Caregiver Support Group</p>	<p>26</p> <p>9:00am Exercise 10:00am Exercise 11:15am Parkinson's Exercise</p> <p>1:00pm Senior Center Closed</p>
<p>29</p> <p>9:00am Exercise 10:00am Computer Training 9:15 am Nurse 10:00am Exercise 10:15am Chair Volleyball 12:00pm Hot Lunch Birthday</p>				

RESERVED FOR SPONSOR ADS

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

Monday Lunches at the Senior Center- Noon – Salads served at 11:45am

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. **ANY AGE WELCOME TO JOIN US**

Please let us know if your Birthday falls in this month and your lunch will be free on February 29.
Catered by T.J.'s) Meal includes dessert and beverage.

MENU

Feb 1	Stuffed Chicken
Feb 8	Chinese Food (Presentation-China)
Feb 15	Senior Center Closed
Feb 22	Pasta and Meatballs
Feb 29	Roasted Chicken

OUTREACH NEWS

By Susan Wells

Fuel assistance is still available to reduce your heating bills this winter. The program, run by SMOC, began accepting new applications in November and is still doing so. It is an income based program, based on the number of people in your household. It also allows up to a 20% discount on your electric bill. Qualifications are as follows:

Household Size	Max Gross Income
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704

If you think you qualify for the program and would like to apply, please call Susan in Outreach at 508-881-0140.

• **Winter musical:** Free tickets are being offered to seniors for the Ashland High School performance of “*A Funny Thing Happened on the Way to the Forum*”. The play will be presented on Sunday, March 6, 2016 at 2:00 pm at the high school. Please call or see Susan in Outreach at 508-881-0140 for tickets.

Weight-loss counseling: There is good news for those who want to lose weight. Medicare pays the full cost of weight-loss counseling. The counseling must be provided by your primary care doctor or the nurse practitioner or physician assistants who practice in their office. The Medicare obesity-counseling benefit includes a weekly face-to-face session for the first month and a session every two weeks for the next five months. Another six months of counseling, one visit each month, is covered for people who lose at least 6.6 pounds during the first six months of counseling. This counseling is intended to help you lose weight and sustain your loss through proper diet and exercise. So schedule an appointment with your doctor, have your weight assessed, and begin participating in weight loss behavioral counseling

begin participating in weight loss behavioral counseling and therapy.

HEARTY BREAKFAST- sponsored by the Lion’s Club!!

February 4, 9:00am Senior Center

Please make your reservation

Cost: \$1.00 to be paid in advance of the breakfast
 Includes coffee, juice pastry, fruit

Paraffin Hand Bath (Free)

Tuesday from February 16, 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 \$10.00 an hr. for a maximum of 75 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.

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

Newly Available: Medicare’s 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan’s eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month. 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.

