



SHIRLEY SENIOR CENTER

9 Parker Rd, Shirley, Ma. 01464

978-425-1390

Fax 978-425-1392

Mon-Thurs. 8am-3pm



Volume: 1 **MAY 2024 NEWSLETTER** Issue 5:

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."

Center Staff

COA Director: Kristen O'Brien
 Outreach Coordinator: Elisabeth Dinning
 MART Dispatcher: Scott Harmon
 MART Van Drivers: Doug Perry, Priscilla Tarbell, Bob Lindgren

Council on Aging Board

Chair: Marie Elwyn
 Vice Chair: Victoria Landry
 Secretary: Laurie Witherell
 Members:
 Hans Onsager, Barbara Nole

Next Meeting—2nd Thursday of the month-May 9th at 11:00 am

From the Director's desk...

Thank you for the warm welcome! I am looking forward to getting to know you all.

Please stop by, introduce yourself, and join us for lunch or an activity!!

-Kristen O'Brien

Backup drivers needed!!
Please reach out if you can help!!

CAFÉ WISH LIST...

Small bottles of water.
 Thank you!

Thank you for your support!

We are actively working to plan new activities and would love your input. If you have suggestions or a talent you could share, please reach out.

Housekeeping: Please make sure that we have an emergency contact and your current phone number on file.

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*The way spring should be*

*Zephyr, soft light. Birds exchanging*  
*chirps, flowers,*

*weeds, gentle tangle.*

*By Cyndi Furman 2024©*

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Follow what's happening at the Shirley Center for Active Living.
<https://www.shirley-ma.gov/council-aging>

Receive this Newsletter and important announcements from Town Government via email. Follow the link below or above to subscribe.
<https://www.shirley-ma.gov/subscribe>

May 2024

Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Coordinator

Telephone: (978) 425-1390

Email: edinning@shirley-ma.gov



The Shirley Senior Center addresses the following Outreach topics and Social Services: **Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives, Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.**
If your needs and interests are not listed, please let us know so we can take them into consideration.

Please call Elisabeth at the Council on Aging office: 978-425-1390

Introduction to Growing Places will be at the Shirley Senior Center on May 30, 2024

Local produce for your household year-round

Growing Places will be at the Shirley Public Library currently 1st Tuesday of the month from 3:00PM to 4:00 PM or deliver your order to your home.

Payments accepted:

Cash

Credit/debit

Farmers market coupons

SNAP/HIP dollars

For more information contact by email or phone:

CSA@growingplaces.org
978-598-3723



Ways to satisfy your nutritional needs

Schedule shopping trips with our Senior Center Van.

Pick up **free baked goods** at the Center.

Receive groceries from **Loaves & Fishes**.
New: online/phone orders available now, too.



And we deliver **Meals on Wheels** to your home Monday through Thursday. SENIORS MUST meet MOC Qualifications in order to receive meals. Please call **MOC's main number** (978) 345-8501 to sign up or

contact the Center at 978-425-1390.

FEDERAL PROGRAM

Get help paying Medicare Costs

by applying to the Medicare Savings Program.

The Medicare Savings Programs (MSP)

will pay some or all of your Medicare premiums, deductibles, copayments, and co-insurance.

Note: MSP is not an insurance plan.

You do not need to be on Mass Health.

NEW: starting in March 2024 there are **no asset limits**.

Forms are available at the Shirley Senior Center at 978-425-1390.

INCOME LIMITS:

Single Individual—\$2,824 month maximum

Married couple—\$3,833 month maximum

Important Phone Numbers handy to have

Aging Services of North Central Massachusetts (ASNCM)
(978) 537-7411

Shine Medicare Counseling
at the Center by appointment
(978) 425-1390

Fuel Assistance (MOC) call (978) 342-4520
(next application period from 11/01/2024 to 04/30/2025)

Community Legal Aid—Fitchburg
(508) 752-3718
Executive Office of Elder Affairs
(617) 727-7750

FOOD

Morning Café - Monday thru Thursday 8:30 am - 10:00 am

Coffee, tea and assorted treats
Daily Newspapers
Donations welcome



Breakfast for Veterans (Free)

Monday, May 6, 2024—8:30am

Breakfast with Chip Cancelled for May



SPECIAL THANKS TO YOU:

Hannaford of Townsend for weekly donations of bread and bakery goodies

Our many dedicated volunteers who make our Center work smoothly.

Michelle Haggstrom for our monthly Birthday cake/ice cream

For your donations of Café Wish List items.

BIRTHDAY CELEBRATION

Cake and Ice Cream for Dessert

Provided by: Michelle Haggstrom

Last Wednesday of every month after lunch.

May 29, 2024



Note from the Kitchen Crew...

LUNCHES everyday—served at 11:30 am to noon

Monday, Tuesday & Thursday prepared by Cosmo

light lunch— sandwich, chips & pickle

Wednesdays—Special lunch with featured chef

REQUEST: PLEASE SIGN UP AT THE CENTER SO WE KNOW HOW MANY ARE COMING.

COST: Monday, Tuesdays & Thursdays— donation box in Café

Wednesdays—at entrance counter

\$3.00 suggested donation for all lunches



HEALTH AND WELLNESS



Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE
since 1931

WELLNES CHECK

Monthly
Wellness Check resumes
2nd Thursday of month
From 9:30 to 10:30am
May 9th, 2024
with Alicia Lepardo, RN

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. *All ages are welcome.*

THE SHINE PROGRAM

SHINE (Serving the Health Insurance Needs of Everyone)

Marilyn Largey, Certified counselor, is available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss **all options** related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment at the Center for the second Tuesday of the month, call our COA office or call the Regional Central Mass SHINE Office at 508-422-9931. Outside of Central Mass call 1-800-243-4636, press option 4.

A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail.

We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).

Funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs.

**Join Senator John Cronin's
Constituent Services Team
Fourth Wednesday of Month—May 22, 2024
11:30am to 1:00pm**

**Receive assistance with state related issues, share
opinions on state policy or just say 'Hello!'**

Beth Walsh,
Constituent Services Director
Office of John J. Cronin
State Senator, Worcester and Middlesex District

Conversations About Grief & Healing Support Groups

May 13, 2024
Every 2nd Monday
of the month at 12:00 pm at Shirley Library

The Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in the monthly, drop-in Grief & Healing Support Group. Facilitated by grief counselor Karen Campbell, this support group offers a safe space to share experiences of the grief journey. This group is an opportunity to learn more about the grief process and strategies for managing grief.

Confidentiality is respected and honored.

The Grief & Healing Support Group honors all types of grief, including grief due to loss, change and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey. Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial.

No one is required to commit to consistent attendance.

This service is provided to the community by the Nashoba Associate Boards of health
For questions about this program please contact *Karen Campbell with Nashoba Associated Boards of Health.*

FOOT CARE Clinic with Christine Quiriy, RN

\$40
Monday—May 20, 2024
By Appointment Only
978-425-1390



Appointments fill fast

ACTIVITIES

FREE EXCEPT WHERE NOTED

MONDAYS -	SCHEDULE EVENTS GRIEF & HEALING second Monday of month - 12:00 at Shirley Library
TUESDAYS -	BRIDGE, DOMINOES, SCRABBLE - 9:00 am WATERCOLOR PAINTING -12:00-2:30 pm (work on your own)
WEDNESDAYS -	YOGA with Jeff Cote – 8.30 am <i>Note: Co-pay</i> QiGONG with Jeff Cote - 10:00 am CRIBBAGE- 11:00 am LUNCH w/Featured Chef at 11:30am— <i>Cost \$3.00</i> BINGO - 1:00 pm
THURSDAYS -	STITCH AND CHAT—10:00 am WELLNESS CLINIC 9:30am Second Thursday of month BALANCE, STRENGTH & FLEX with Jeff Cote - 1:00 pm
FRIDAYS -	RESERVED FOR SPECIAL EVENTS

NEW THIS MONTH:

Wednesday, May 8th—Trinity Chapel Hand Chimes/Sing-a-long at 11:30am

Friday, May 10th—Lunch Bunch at Phoenix Grill at noon

Friday, May 31st, Van goes to Butterfly Place in Westford (call Scott at 978-425-1390)

Stitch & CHAT GROUP

Thursdays 10:00 am

Do you like to knit, Crotchet, or Planning? We welcome all types of stitching. Join us for friendly chatter and stitching.

To participate RSVP by calling or emailing edinning@shirley-ma.gov 978-425-1390

DO YOU NEED HELP WITH YOUR COMPUTER or CELL PHONE?

Diane Turk will be at the Center on first Thursday of the month, at 11:00 am to assist anyone needing help. Next time—May 2nd, 2024

LET US KNOW IF...

You would like to resume a monthly movie here on a Monday afternoon

Resume Bowling here on a Monday afternoon
Call the Center at 978-425-1390

LOOKING FOR PLAYERS...

Bridge
Cribbage
Scrabble
Dominoes

A note from our former Interim Director...

Thank you to all who worked with me to keep our Center going while looking for a permanent Director. Special thanks to my staff: Elisabeth, Scott, Priscilla, Doug and Bob; to all our dedicated Senior Work off folks; to our cooks: Shirley, Joyce & Cosmo and their helpers: Sherri, Joanne, Mary, Sally & Janice, and to John, our Custodian. It takes a team to run our Center. I could not have done it without all of your support. Be safe.



Ann M. Towne

SERVICES AND THINGS TO KNOW



Transportation

MART Van is a wheel chair-accessible van for residents age 60 plus or disabled.

\$1 EACH WAY for Medical & Shopping Trips may vary

**Van Hours: Mon - Thurs 8:00 am - 4 pm
Fri morning pick up may vary**

To schedule your ride call Scott

**Monday -Thursday
Office hours to schedule rides from 8:30 am - 1:30 pm.**

*Or leave a message and he will confirm your ride.
24 -48 hour notice required for all rides.
978-425-1390*

VETERANS' ASSISTANCE

**Mike Detillion, Shirley Veterans' Officer
Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

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 and burial assistance.



FRIENDS OF SHIRLEY SENIORS

Monthly meetings—2nd Thursday of the month at 10:00am. Next meeting May 9th

“LUNCH BUNCH” - will meet at the Phoenix Grill the 2nd Friday of each month—next one on May 10th at noon. Sign up at the Senior Center.

JOIN THE FRIENDS...

Membership Applications are available at the Senior Center.

Annual cost for membership is \$10.00.



Memorial Day, a federal holiday held the last Monday in May, is the nation's foremost annual day to mourn and honor its deceased service men and women.

Originally called Decoration Day, it was formalized by a "Memorial Day Order" issued by Grand Army of the Republic Commander-in-Chief John A. Logan in 1868.

The modern proclamation calls on Americans "to observe Memorial Day by praying, according to their individual religious faith, for permanent peace."

“That Nation which respects and honors its dead, shall ever be respected and honored itself.”

– Brevet Lieut.-Col. Edmund B. Whitman, 1868

SHIRLEY SENIOR CENTER MAY 2024 CALENDAR

MON.

TUES.

WED.

THUR.

FRI.



1
8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 am Pizza
Lunch
1:00 pm Bingo

2
10:00 am Stitch & Chat
11:00 am computer or cell phone help
1:00 pm Balance, Strength & Flex



6
8:30 am Veterans Free Breakfast cooked by Shirley Police Dept. Sponsored by Shirley Charitable Foundation
11:30 am lite Lunch

7
9:00 am Games
11:30 am lite Lunch
12:00 –2:30 pm Painting-free style

8
8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 Lunch/Trinity Chapel Hand Chimes
1:00 pm Bingo

9
9:30 am Wellness w/ Alicia- NABH
10:00 Friends Shirley Seniors
10:00 am Stitch & Chat
11:00 am COA Board Meeting
11:30am lite Lunch

10
Lunch Bunch at Phoenix Grill At noon

13
11:30 am lite Lunch

14
9:00 am Games
11:30 am lite Lunch
12:00—2:30 pm Painting—free style

15
8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 am Lunch
1:00 pm Bingo

16
10:00 am Stitch & Chat
11:30 am lite lunch
1:00 pm Balance, Strength & Flex



20
11:30 am Lite Lunch

21
9:00 am Games
11:30 am lite Lunch
12:00—2:30 pm Painting—free style

22
8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 am Beth Walsh/Senator Cronin's Team
11:30 am Lunch and Birthday Party

23
10:00 am Stitch & Chat
11:30 am lite lunch
1:00 pm Balance, Strength & Flex



27
CLOSED FOR MEMORIAL DAY-


28
9:00 am Games
11:30 am lite Lunch
12:00—2:30 pm Painting-free style

29
8:30 am YOGA
10:00 am Qigong
11:00 am Cribbage
11:30 am Lunch and Birthday Party

30
10:00 am Stitch & Chat
11:30 am lite lunch
1:00 pm Balance, Strength & Flex

31
Van goes to *the butterfly place* in Westford

FROM ALL OF US AT THE SHIRLEY CENTER....

Stay well. Be safe. Hope to see you soon!

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Ford

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CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

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Or call us at: **603-744-3344**