



SENIOR SCOOP

MAY 2024

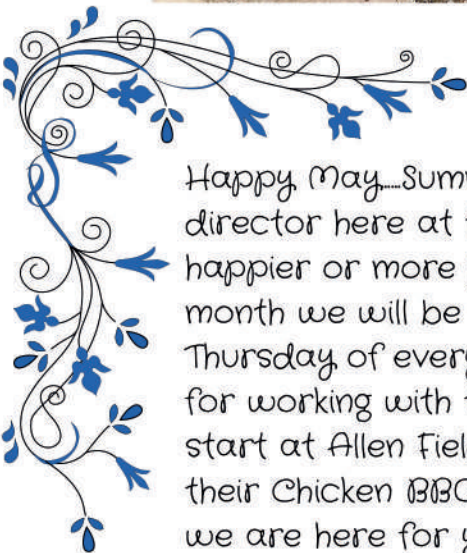
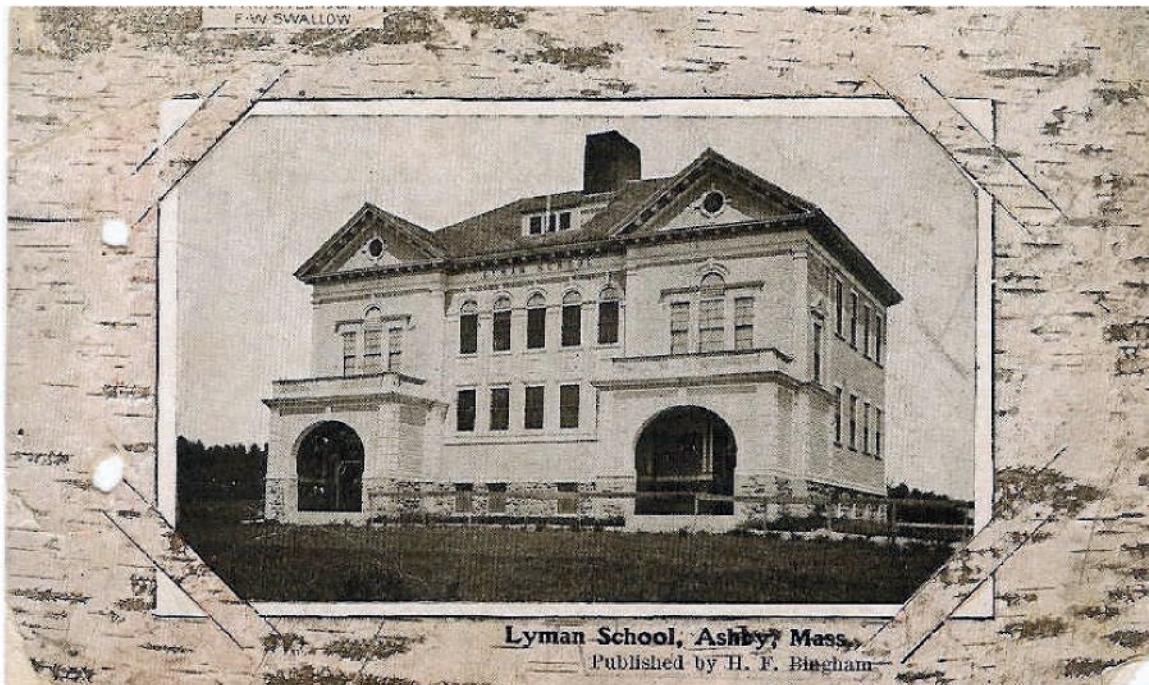
Council On Aging Hours Mon-Thurs 8-12

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

895 MAIN ST., BOX 11, ASHBY, MA 01431 (978) 386-2424 EXT. 131 OR 133 COA@ASHBYMA.GOV

Our Mission Statement:

The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby seniors by offering services that strive to promote each resident's independence and healthy, successful aging.



Happy May...Summer is on it's way! May marks a year I have been your director here at the Ashby Council on Aging and honestly, I couldn't be happier or more proud of how much we've grown in the last year! This month we will be starting a movie day, at the Library, which will be the last Thursday of every month; a big thank you to our Town Librarian Heather for working with the COA to coordinate this! Walking group is scheduled to start at Allen Field this month, weather permitting. The legion will be having their Chicken BBQ this year, please see the details in the scoop! As always we are here for you and my door is always open!
Kind regards, your director, April



MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9AM EXERCISE 11AM WALKING AT ALLEN FIELD	2 9AM COFFEE & CHAT	3	4 9:30AM SPECIAL/ ANNUAL TOWN MEETING
5 3PM NASHOBA SYMPHONIC BAND BOLTON, MA NASHOBA REGIONAL HIGH SCHOOL	6 9AM EXERCISE 10AM KNITTING/ CROCHET	7 11AM GARDENING GROUP MEETING	8 9AM EXERCISE 11AM WALKING AT ALLEN FIELD	9 11AM COA BOARD MEETING	10	11
12	13 9AM EXERCISE 10AM KNITTING/ CROCHET 11:30 COMIC LUNCHEON CONGREGATIONAL CHURCH	14 11AM APPLE PIE SOCIAL W/FALLON HEALTH	15 9AM EXERCISE 10:30AM FRAUD SQUAD PLAYERS	16 10AM COMMUNITY CREATIONS	17	18
19	20 9AM EXERCISE 10AM FRIENDS MEETING 11AM BINGO	21	22 9AM EXERCISE 11AM WALKING AT ALLEN FIELD	23 10AM NEWSLETTER FOLDING	24	25
26	27 CLOSED MEMORIAL DAY 2PM ANNUAL MEMORIAL DAY PARADE 3:30PM LEGION CHICKEN BBQ	28 9AM COFFEE & CHAT W/TOWN NURSE	29 9AM EXERCISE 11AM WALKING AT ALLEN FIELD	30 11AM MOVIE DAY AT THE LIBRARY	31	



Future Events:

YOU CAN SUBSCRIBE TO OUR
 NEWSLETTER AT
[HTTPS://WWW.SNPNEWSLETTERS.COM/
 ONLINE-NEWSLETTERS](https://www.snpnewsletters.com/online-newsletters)



Coffee and Chat first Thursday, May 2nd

9:00AM in the COA room. Hot coffee and delicious food!! Librarian Heather Brodie Perry will be coming to the Council on Aging to discuss the new grant the library has received to provide better accessibility and service to users with mobility challenges. If you have mobility issues or love someone who does, Heather would love to hear from you about things that would make using the library easier and more rewarding for you. As always Beth Walsh will be here from 9:30-11am for Constituent Hours

Knitters and crocheters meet every Monday at 10:00 in the COA room. Bring your own project or help make lap robes for The Highlands.



**Garden Group Meeting
Tuesday, May 7th
at 11am COA Room**

*no updates to print in this edition as our first meeting is happening after our May newsletters are printed

**WALKING GROUP
WEDNESDAYS 11AM**

ALLEN FIELD

861 WEST ROAD

ASHBY

***WEATHER PERMITTING**

EXERCISE

The exercise group is growing, but there is always room for more. We meet at 9:00AM in the COA room on Monday and Wednesday, do our workout and enjoy a cup of coffee afterwards. Come join us, go at your own comfort level.



"Sorry I'm late, sir. I missed my train and the buses were running late, so I had to ride my bike . . . and, believe me, that wasn't easy."

**Monthly COA Board Meeting
MAY 9th 11AM in the COA Room
All are welcome!**



"Last week many of us had a tight schedule so our meeting was rushed and very short. Miss Jones, please read the seconds of our last meeting."



The Council on Aging presents Comics Rhonda Corey and Mike Murray!



Comedian Rhonda Corey embodies the spirit of New England with her authentic charm and a touch of lovable sass, winning the hearts of audiences nationwide. Her comedic journey boasts numerous accolades, including triumphing over 22 comedians in the 2018 Clean Comedy Challenge held in Chicago.

Mike Murray, a captivating storyteller and comedic force, emerged from the silence of deafness at the age of 40 with the aid of Cochlear implants. His journey from a world of quietude to one filled with laughter became the cornerstone of his extraordinary life. Taking center stage, Mike fearlessly shared his incredible and humorous story, swiftly earning the adoration of audiences across New England.

This program is supported in part by a grant from the Ashby Cultural Council

When: Monday, May 13th at 11:30am

Where: Congregational Church

Luncheon followed by Comedy Show

Please RSVP to Nadine or April By Monday, May 6th

978-386-2424 ext 133 or 131



Please join us for an Apple Pie Social!!



SHARON NOLLI FROM FALLON HEALTH - SUMMIT ELDERCARE WHICH IS A PROGRAM OF ALL INCLUSIVE CARE FOR THE ELDERLY WILL BE HERE TUESDAY, MAY 14 AT 11:00 AM FOR AN APPLE PIE SOCIAL. SHE ALSO WILL BRING GIVEAWAYS.

...rescheduled from

April cancellation

AmeriCorps Senior RSVP Presents:

THE FRAUD SQUAD PLAYERS

**Wednesday, May 15th at
10:30am COA Room**

Who are we?

- The Fraud Squad players are senior volunteers who perform skits to senior audiences to educate and inform them on the various frauds & scams which target seniors.
- The Fraud Squad players have been educating seniors within Worcester County since 2017.
- Our specially trained volunteers also staff the Senior Fraud Helpline, which is a local resource for seniors to call when they have questions or concerns related to frauds & scams.

The COA Friends Announcements!

WOOSOX BASEBALL

SAVE THE DATE: Sunday, May 19th, 2024: The Friends of Ashby COA, Inc. are once again going to the 1 pm Woosox Game!!!

The bus will take us from Ashby Elementary School parking lot to Polar Park in Worcester, leaving around 11. This trip is open to anyone 55 and older.

And I'm excited to announce that we have received a generous \$1300 grant from the Ashby Charitable Funding Committee to help us with this event. This will cover the entire bus expense!

We have again reserved the Shaw's Home Bullpen Terrace, on the first base side for our exclusive use during the game. This is a canopied private area that can hold up to 100 participants. There will be a 2 hr buffet of fresh off the grill hamburgers, hot dogs, mac and cheese, coleslaw, kettle chips, cookies, water and lemonade. There is also a cash bar on the Terrace serving sodas, beer and wine. The buffet runs for 2 hrs, and starts an hour before the game, at 12 pm.

Thanks to all the fundraising efforts of our volunteers, the Friends are able to underwrite the meal expenses for all of us, so the cost for all of this will only be the ticket price of \$30 for members! That's right, all of this-bus, buffet, meal, ballgame, and comradery- for only \$30!! (\$55 for non members or you can join the Friends for just \$10.00 a year and get the special rate for this trip as well as our other functions!)

The bus only holds 56 people and we expect this to fill up quickly, so if you are interested yourself or want to get a party together to go, reply to Ashbycoafriends@gmail.com RIGHT AWAY with names and emails of attendees to get on the list. Send no money now. (You may also provide your own transportation to join us, but you still have to sign up to be included in the offer.)

CALLING ALL GARDENERS

Mark your calendars: **Wednesday, May 15th**, for the third annual
Mason Brook Ashby Gardener's Day!

The Friends of Ashby COA, Inc, is pleased to announce that our friends at Mason Brooke Nursery have generously set aside Wednesday, May 15th, 2024, for their third annual Ashby Gardener's Day. MasonBrook will again donate 10% of all spring gardening purchases made by Ashby residents between 1 and 6 PM that day to The Friends of Ashby COA, Inc. (excluding mulch, pellets, and similar). All your spring annuals, perennials, shrubs and trees are included. And they are staying open an extra hour until 6 to help us with this fundraiser!

In addition, all Ashby visitors to Mason Brooke who take advantage of this great opportunity that day will be entered into a drawing at the end of the day for a \$50 gift card to Mason Brook that can be used at a future visit for anything. (You do not have to be present to win.)

So please consider helping The Friends of Ashby COA by doing all your spring gardening plans at Mason Brook Nursery on May 15th. We'll both be "greener"!!!

**Community
Creations
Thursday, May 16th
10AM**

**Friends Meeting
Monday, May 20th
10AM COA Room**

**Bingo Monday,
May 20th 11AM
w/pizza & prizes!!**

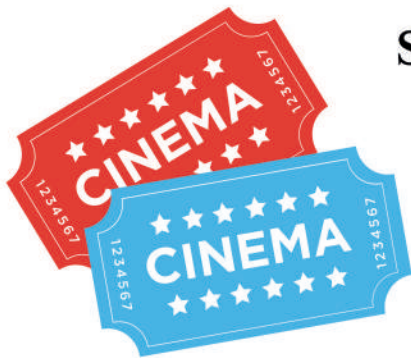
**NEWSLETTER FOLDING THURSDAY, MAY 23RD AT
10AM**

**PIZZA AS USUAL FOR ALL OUR HELPERS AS A
THANK YOU!!**



**Meet
for
Breakfast**

Coffee and Chat fourth Tuesday, May 28th
9am COA, Town nurse will arrive at 10am for our
open chat forum followed by blood pressure checks!
At each months Coffee & Chat Maureen will ask you
what health topic you want to discuss for the
following month, this month will be what topic was
decided at the April coffee and chat with her!



**Starting in May, the COA will be having our
first movie at the Library day!!**

When: Thursday May 30th 11AM

Where: Ashby Public Library

Snacks and refreshments will be provided

Please RSVP to Nadine or April

by 5/23/2024

978-386-2424 ext 133 or 131



WE WILL BE SHOWING "80'S FOR BRADY"



Happy Birthday to our Seniors celebrating their Birthday this month!!

Bobbi Awtry, Susan Bates, Frederick Bernhardt, Virginia Bixler, Robert Bertram, Maureen Borneman, Joanne Boudreau, Julie Boutwell, Walter Brault, Douglas Brisbois, Madeline Brodmerkle, Kevin Brooke, Glen Carkin, Jane Carson, Mary Carter, John Carter, Robert Clark, Vernon Collins, William Collins, Gerard Cormier, Karen Cormier, Sharyn Croy, Maureen Davi, John Dembowski, Debra Ditommaso, Karl Edmands, Scott Ellis, Robert Ethier, Elmer Fitzgerald, Janet Flinkstrom, Nancy Flinkstrom, Josephine Fluet, John Gerry, Bruce Gove, Johanna Grutchfield, Joyce Hopkins, John Hutchinson-Lavin, Joyce Joseph, Kathleen Juliano, Lesley Kenny, Mary Kimball, Elise Kimball, Deborah Kincaid, Michael Lammi, Valorie Lowe, Neal Marshall, David Masse, Brian McCormick, Brian McMahan, Peter McMurray, John Mikola, Christopheer Nash, Kim Newcomb, Randy Pelletier, James Piper, Bret Purvis, Jane Ratcliff, Kenneth Reynolds, Kathleen Richard, Chester Ruckey, Theodore Seppela, Patricia Simon, Linda Stacy, Karen Sumner-Edmands, Grace Swanson, William Taylor, Daniel Theall, Dawn Thibault, Peter Tokola, David Tondreault, Gail Tukianen, David Tukinen, Peggy Vanhillo, Lillian Wheeler, Robert Wilt, Linda Wiswell, and Cynthia Zwicker!

*apologies if we missed anyone, please call so we can update your file!

Town Events going on in MAY!

Special/Annual Town Meeting

When: Saturday, May 4th, 9:30am

Where: Ashby Elementary School Gymnasium

Ashby American Legion Annual Memorial Day Parade

When: Monday, May 27th 2pm starts at the Legion

Ashby Legion Memorial Day Chicken BBQ!

\$15 Per Plate *pre-sale tickets only RSVP by 5/18!

Includes: half chicken, mashed potatoes, green beans, coleslaw, cranberry sauce, dinner roll

Tickets can be reserved or purchased in person, by phone, or via email/facebook messenger

phone: 978-386-7977 email: ashbylegionpost361@gmail.com

May is Stroke Awareness Month

May is National Stroke Awareness Month. Every year, more than 795,000 people in the U.S. have a stroke. Someone in the U.S. has a stroke every 40 seconds and every 4 minutes, someone dies of stroke. It is the 4th leading cause of death.

What happens during a stroke?

To work properly, the brain needs oxygen. Although the brain makes up only 2% of your body weight, it uses 20% of the oxygen you breathe. A stroke occurs when something happens to block the flow of blood to the brain, depriving oxygen to the brain.

Stroke is a leading cause of serious long-term disability, reducing mobility in more than half of stroke survivors age 65 and over. Including the cost of health care services, medicines to treat strokes, and missed days of work, strokes cost the U.S. an estimated \$33 billion each year.

What is your risk of stroke?





Anyone can have a stroke at any age, but age increases your chances for a stroke. The older you are, the more likely you are to have a stroke. But certain things can increase your chances of having a stroke. While you can't control your age or family history, you can take steps to lower your chances of having a stroke.

What can I do to prevent a stroke?

Stroke is preventable! Up to 80% of strokes could be prevented through healthy lifestyle changes and working with your health care team to control conditions that raise your risk for stroke.

STROKE is an Emergency.
Every minute counts.

ACT F.A.S.T!

	F ACE	Does one side of the face droop? Ask the person to smile.
	A RMS	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	S PEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	T IME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

Signs of a TIA (transient ischemic attack) or stroke may include:

- Sudden confusion, trouble speaking, or trouble understanding speech
- Sudden numbness or weakness, especially on one side of the body
- Sudden severe headache with no known cause
- Sudden trouble seeing from one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination

The Council on Aging is one of the collection locations for the Sutton-Brown Family.

"It takes a Village" ...and what an incredible village we have seen gather in support of the Sutton-Brown family since March 23rd, when their lives changed in an instant as they watched their home be consumed by flames. Because of this village - the family has received generous financial donations, clothing and meals. Tons of fire debris has been cleared and removed, the house is boarded up and secured from the elements, and a trailer has been donated by a local family to provide temporary housing on the property. Much financial help is still needed so please consider a donation of any size, every penny helps.

For those who prefer to donate outside of gofundme - there are collection locations set up at the Ashby Town Hall offices of:

Tax Collector -Town Clerk -Council on Aging

Also at the main desk in The Ashby Library.

Checks can be made out to either:

David Sutton-Brown or

Ann Peterson

Memo: "Sutton-Brown Fundraiser"

You can also Venmo directly:

@Ann-Peterson-27

For "Sutton-Brown Fundraiser"

THANK YOU!

THANK YOU
SO MUCH

At the Library in May.....

Non-Fiction Book Club Thursday, May 2nd 6:30 PM

Being Mortal by Atul Gawande

Ashby Common Tour Saturday, May 11, 10-1

Join The Historical Society and explore the buildings that ring the Ashby Common. Learn about the history of all of the buildings and their role in the civic life of our town. Learn about the efforts underway to restore the Ashby Grange Building.

Town Wide Yard Sale and Library Sale Saturday, May 18, 10-2

Join in on all the fun, whether as a yard sale vendor or as a purchaser. A map will be distributed by the Friends of the Library pointing out all the yard sales being held on May 18th. The Friends of the Ashby Library will be holding a sale on the library lawn. They will sell books, puzzles, games, and many other items donated to the library. Monies raised in the book sale go to supporting library programming and materials we use in art programming.

Fiction Book Club Thursday May 23rd at 6:30 PM

"Enchantress of Numbers" by Jennifer Chiaverini

Story Share

Introducing our new Story Share program! Join us and your friends for an enriching experience centered around the timeless art of storytelling. Stories are the threads that weave the fabric of humanity, passed down through generations since the dawn of time. This program offers a wonderful opportunity for you to share your own stories and to listen to the tales of others in a warm and welcoming environment. Each meeting will kick off with one story sharer, sparking engaging conversations and connections among participants. Whether you have a personal anecdote, a cherished memory, or a favorite folktale to share, all are encouraged to participate and contribute to the tapestry of shared experiences. Come be a part of Story Share and let's celebrate the power of storytelling together! Please join us for our next gathering.

VETERANS' ASSISTANCE

Lynette Gabrilla, Veteran's Agent Call 978-630-4017 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.

Nutrition/Food

If you are in need of food please contact the Ashby COA and we can help connect you with resources.

978-386-2424 ext. 131

Meals on Wheels

Available to anyone over age 60. Please contact MOC @ 978-345-8501 ext 5 to sign up

Medicare

Contact the Ashby COA to schedule an appointment with our SHINE counselor

In-Home Services

Contact Aging Services of North Central MA

978-537-7411

www.agingervicesma.org

Health Question – Ashby’s Town Nurse

Contact Tamara Bedard, RN with your health-related questions! 978-772-3335 ext. 340

Transportation

Ashby MART Shuttle Service

MART shuttle service is available to Ashby Residents age 60 or older, or ADA qualified, Mon. – Fri. 8am-5pm for medical appointments, social day care and shopping.

Rides must be scheduled by 12:30pm the day before.

To apply and schedule use, please call: 978-386-2424 ext. 27

MART to Boston & Worcester

MART provides transportation to Worcester & Boston. The shuttle service departs from Fitchburg Intermodal Center.

Worcester Shuttle leaves at 7:30am, 11:30am and 3:30pm. Cost is \$8.00 one way

Finance & Fuel

If you are having trouble paying to heat your home, you can get help.

**Contact: MOC (Fuel Assistance)
978-342-4520**

**The Salvation Army of Fitchburg:
617-542-5420(ask for services)**

Counseling & Support

Alzheimer’s Support (Contact for schedule)
The Highlands

335 Nicholas Rd., Fitchburg 978-343-4411
Betterhelp.com

Therapy and help through text, chat, video and calls

AA Open Meetings AshbyTown Hall, MA
Wednesdays 5:30-6:30pm

Ashby Congregational Church
978-386-5566

www.ashbycongregational.com

Additional Services:

**Community Legal Aid of Central MA:
508-752-3718**

**MA Elder abuse Report Line:
1-800-922-2275**

**MA Executive Office of Elder Affairs:
617-727-7750**

**Elder Helpline:
1-800-252-5342**

**Central MA Agency on Aging:
508-852-5539**

Ashby COA Medical Equipment

The COA has gently used durable medical equipment (subject to availability) including incontinence supplies, walkers, wheelchairs, commodes, hospital beds and shower chairs. If you or someone you know needs to borrow one of these items please contact the COA.

HELLO RV AND CAMPING COMMUNITY!



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THE SCOOP

Ashby Council on Aging Monthly Newsletter

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Neal Marshall- 2nd Vice Chair

Jo Helander - Treasurer

Helen Alden - Secretary

Visit the COA page on the
town website:

<http://ci.ashby.ma.us/>