

Calendar of Events

Acrylic & Watercolor Painting: Mondays, 12:30pm.

Card class: Tuesdays, May 14th 10am -12pm.

Crafts: Tuesday, May 7 & 21 @ 10am. All are welcome to craft, chat & create. \$5 donation.

Presentation: There's no place like home: Monday, May 13th @ 11:00am.

COA Board: Tuesday, May 14th @ noon.

Movie @ the Library: Tuesday, May 14th @ 12:30pm.

Line dancing: Mondays 10:00
Thursdays 10:15am.

Pickleball: Wednesdays 9:30

Strength & Balance Fitness Class: Thursdays, 9:30am. **NO CLASS MAY 30TH.**

Presentation: Aging & your skin with Rich Eastham Thursday, May 2 @ 11am.

Forever Young Club: Monday, May 6 @ 12 pm **Italian Potluck.**

Mothers Day Luncheon: Thursday, May 9th @ 11:30am.

Grief Support Group: 1st Tuesday of the month at the library from 10:30-11:30.

Cribbage: Tuesdays, @ 10:00am

Coffee with a NURSE: Tuesday, May 28th @ 11:30am.

Annual Town Meeting: Tuesday, May 7th @ 7pm Oakmont

Ashburnham COA Newsletter

32 Main Street,

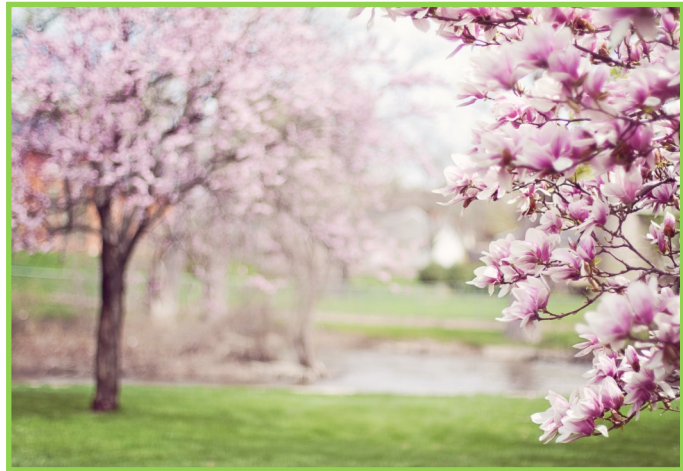
Ashburnham, MA 01430

Monday - Thursday 9 AM - 2 PM

978-827-5000 Ext: 1

978-827-4100 Ext: 9

MAY 2024



Can you find the ...



AGING AND YOUR SKIN

SOME FACTORS INCLUDE:

SUN EXPOSURE
SLEEPING POSITIONS
SMOKING
UNHEALTHY DIET

BENEFITS OF DIET & EXERCISE: Lowers stress hormones.
Tend to sleep better. Fights off free radicals while you sleep.

**JOIN US ON THURSDAY, MAY 2 AT 11 AM TO DISCUSS
AGING AND YOUR SKIN WITH CARE CENTRAL VNA**

(RICH EASTHAM)

**** Upcoming Holidays: Town Office and COA Closed ****

Monday, May 27th Memorial Day

Wednesday, June 19th Juneteenth

Thursday, July 4th Independence Day

THERE'S NO PLACE LIKE HOME (FUNDS TO HELP PAY FOR IN-HOME CARE)

MONDAY, MAY 13TH AT 11:00 AM

SPECIAL GUEST: ATTORNEY PHILIP ARCIDIACONO, ATTORNEY AT LAW

ARCHDEACON LAW ASSOCIATES

With visits by nurses, therapists, and aides you could remain in your own home instead of moving to a nursing home. Attorney Philip Arcidiacono will describe how MassHealth and the VA offer funding for caregivers to offer support where you live now.

Philip Arcidiacono is an attorney who specializes in Elder Law. He is principal of Archdeacon Law Associates with offices in Lunenburg and Concord, Massachusetts. His website is www.archdeaconlaw.com

**CAREGIVER'S
SUPPORT GROUP**



WE CARE FOR YOU!

HELPING
HANDS

LAST WEDNESDAY OF EACH MONTH

10:30 AM - 11:30 AM

at

**GARDNER REHAB & NURSING CENTER
59 EASTWOOD CIRCLE GARDNER, MA**

FOR QUESTIONS OR TO REGISTER

CONTACT

**JULIE MOSCHETTI, BSW, LSW
FACILITATOR
978.340.5584**

Please, join us for a monthly caregiver support group. A group for caregivers to connect with other caregivers sharing issues, needs, concerns, and feelings in a confidential, safe, supportive, and non-judgmental atmosphere. It's a place where you know that everyone in the group understands your caregiving journey because they are experiencing similar circumstances. This is a peer group, where each participant is free to share their issues as well as solutions and suggestions that may help other group members.

SPONSORED BY



PEER SUPPORT

MAY 2024

Monday	Tuesday	Wednesday	Thursday
		1 9:30 PICKLEBALL	2 9:30 FITNESS CLASS 10:15 LINE DANCING 11:00 AGING & YOUR SKIN
6 10:00 LINE DANCING 12:00 ITALIAN POTLUCK 12:30 ART CLASS CAN BE IN MEETING ROOM	7 10:00 CRIBBAGE 10:00 CRAFT CLASS	8 9:00 ATHOL SHOPPING 9:30 PICKLEBALL	9 9:30 FITNESS CLASS 10:15 LINE DANCING 11:30 MOTHER'S DAY LUNCHEON
13 10:00 LINE DANCING 11:00 THERE'S NO PLACE LIKE HOME 12:30 ART CLASS	14 10:00 CRIBBAGE 10:00 CARD CLASS 12:00 COA BOARD MTNG 12:30 MOVIE AT LIBRARY	15 9:30 PICKLEBALL 11:30 COFFEE WITH A COP & DISPATCHER	16 9:30 FITNESS CLASS 10:15 LINE DANCING
20 10:00 LINE DANCING 12:30 ART CLASS	21 10:00 CRIBBAGE 10:00 CRAFT CLASS	22 9:30 PICKLEBALL	23 9:30 FITNESS CLASS 10:15 LINE DANCING
27 10:00 LINE DANCING 12:30 ART CLASS	28 10:00 CRIBBAGE 10:00 CARD CLASS 11:30 COFFEE WITH A NURSE	29 9:30 PICKLEBALL	30 NO FITNESS CLASS NO LINE DANCING DPW MEETING

*FISH FRY AT THE ASHBURNHAM AMERICAN LEGION
WILLIAMS RD FIRST FRIDAY OF THE MONTH: MAY 3RD
FROM 5—7PM. \$14*





Cinco de Mayo

Word Search



V M A R A C A S O N C R O P B
 S I O N F R I M A Y U B C U U
 O B A V I C T O R Y L A R E R
 M T R Y E B M A Y E T T O B A
 B Y A O S V U E O T U L M L T
 R D A C T T O R X I R E I A C
 E A V P A R A D E F E T N T O
 R N T S A L A C O S R S C R S
 O C M O P I N A T A C A I D A
 M I C E L E B R A T I O N A T
 A N M O X A C O S A A T C C T
 R G C R A I N S A C C A O Y E
 A T M A Y O C A T O S A S A N
 O F R A I C S O H S A L S A G
 B A T T L E B U R R I T O S S



BATTLE
 BURRITOS
 CELEBRATION
 CINCO
 CULTURE
 DANCING

FIESTA
 FRANCE
 MAYO
 MARACAS
 MEXICO
 PARADE

PINATA
 PUEBLA
 SALSA
 SOMBRERO
 TACOS
 VICTORY



STRENGTH & BALANCE CLASS

Spring is here. Time to get out, warm up those muscles and meet with the community. Motion is lotion. Use it or lose it.

Come join us Thursday's at 9:30 for this fun 45-minute class with Paula Magee which includes cardiovascular endurance, muscular strength and balance. Bands, balls and weights provided or bring your own.

Different techniques and moves each week. \$2.00 suggested donation. Leave \$\$ in can at front desk or give to dispatcher. Thank you! **NO CLASS MAY 30TH.**

CRIBBAGE: A lovely couple is here on Tuesdays @ 10 am to play and teach cribbage. Come on down as the games have begun! We have a variety of board games, etc., so come out of hibernation and interact with your peers. Game on! We also have a Wii if anyone is interested in gaming activity, come on down.



Check out our clothing boutique. Men's and women's gently used clothing. Thank you to all who have donated to our boutique to keep it fresh and rotated.

Thank you, Paula Gorrell, for continuing to rotate our book shelves. We have some new authors sitting on the shelf, come and check them out.

Thank you, Linda & Bill Bergeron for your monetary donation, Anni Bedian, Rita Martin, Dona Preble, Terrie Cundiff and countless others for the many items you have donated. A shout out to our newest employees for their hard work cleaning and organizing our COA. It's looking GREAT! Now, if we only had a storage shed... 🤔

DONATIONS NEEDED

The COA is in need of tissue boxes, jugs of water, 1/2 & 1/2 for coffee and we are always welcoming those who bring in their grocery bags, both plastic and cloth. Some folks have asked if we could purchase corn hole. If you have one you would like to donate please do. **THANK YOU!**

Craft class May 7th & 21ar @ 10:00



Spring Word Scramble

Instructions: Unscramble the letters to find the words from the list below.

e s s e d

— — — — —

o i w r a b n

— — — — — — —

b l m o o

— — — — —

n i p g r s

— — — — — —

o t a c r a i n

— — — — — — — —

f e l r s o w

— — — — — — —

m a l e b r u l

— — — — — — — —

w o e s r s h

— — — — — — —

a h h c t

— — — — —

k i c c h

— — — — —



**ITALIAN POTLUCK SPONSERED BY THE FOREVER YOUNG CLUB
WITH RAFFLE**

WHEN: MONDAY, MAY 6TH @ NOON

WHERE: ASHBURNHAM COA

Bring your favorite Italian cuisine and enjoy a delicious meal with those gathered together. Please sign up and tell us what you will bring to the table.

TRANSPORTATION

Vans run Tuesdays through Friday. Please schedule your appointments between 9am & 1pm. Call ahead to schedule a pickup. Please email jrobbins@ashburnham-ma.gov Friday thru Monday morning to schedule or cancel an appointment/ride. When booking for appointment, please leave driver name and number of Doctor's office. **Always call the day before your appointment/scheduled ride to confirm your ride and ask if there have been any changes in pick up times.** Worcester runs \$7 round trip. To reach us or leave a message @ 978-827-5000, ext. 1 during the greeting. Leave your name, telephone #, day you need transport, destination, and if applicable, the time of your appointment. We will return your call.

We are a **SHARED** ride. We make **MANY** accommodations to try and fit riders into our schedule. Often times a Dr's office will send our rider for lab work or x-rays which can push the time of **YOUR** pick up to a later time. Be considerate please.

UPCOMING TRIPS

Our Trip Coordinator has been out of commission. We missed you, Mary. Welcome back! In June we will prepare for Hampton Beach Sand Sculpting trip the week of June 16th.

UPCOMING EVENTS:

Ageing & your skin: Thursday, May 2nd @ 11am

Italian Potluck: Monday, May 6th at noon

Mother's Day Luncheon: Thursday, May 9th at 11:30

There's no place like Home: Attorney Philip Arcidicone, Monday, May 13th at 11am.

Mountain Room Restaurant: Tuesday, May 28th at 11:30. Closed for the season June 7th. (Tentative)

Turner's Falls Fish Ladder & walk: Friday, May 31

PER DIEM DRIVER NEEDED: Subject to random drug testing and MART training. Looking for someone who would be interested in driving our seniors on an as-needed basis. Interested parties please call the COA to complete application.



Day Trip to Turner's Falls

Completed in 1980, the Turners Falls ladders help to migrate fish past the Turners Falls dam. The fish include **shad, lampreys, and Atlantic salmon**. The fish ladder is open for public viewing during the height of the spawning season from mid-May to mid-June. Senior hiking day is also on Fridays.

When: Friday, May 31. Van leaves at 9am

Van Fare: \$3.00

Driver: Garry Sager



COFFEE WITH A COP

WHEN: WEDNESDAY, MAY 15TH AT 11:30

SPECIAL GUEST SPEAKER: OUR VERY OWN POLICE DISPATCHER

Police dispatchers respond to emergency and non-emergency calls, determining the level and nature of police assistance required for each situation. On-duty police rely on their calm response and communication of details as they handle situations and protect the public.

What are the key skills of a police dispatcher?

Given the delicate nature of the role, police dispatchers need to have a distinct skill set. Some of the most important qualities they need to perform the role are:

- **Composure:** Police dispatchers need to control their emotions in order to deliver clear instructions to callers and determine the best course of action. Also, keeping their calm is helpful when dealing with mentally or emotionally unstable callers.
- **Empathy:** Most situations that police dispatchers face involve people in high degrees of distress. Besides needing the composure to work efficiently, dispatchers also require the ability to understand others' emotions and a desire to help those in need.
- **Communication skills:** Police dispatchers often need to explain various details and procedures to both victims and police officers in limited amounts of time. They need to possess the communication skills required to quickly and clearly transmit messages and instructions.
- **Decision-making:** Police dispatchers often face situations in which they must choose between alternatives. They must be able to quickly process all available information and offer the best solution to both victims and police officers.
- **Organizational skills:** Dispatchers need to listen to available information and organize their thoughts in order to quickly and efficiently assess a situation. They need to keep all information organized for the proper response and for later reference if needed.

COFFEE WITH A NURSE

MAY 28TH @ 11:30 (4th Tuesday of the month)

NEED TO TALK TO NURSE?

Meet our Nashoba Nurse, Maureen Scott, as she meets with us every month for blood pressures, discussions and regional information. Come join us for a lively discussion. If you have a subject you would like to discuss please feel free to open discussion.



COMMUNITY SERVICE & INFORMATION

- **ASNCM: 978-537-7411**
Home Care Resources, Protective Services, Housing support.
- **Community Legal Aid of Central MA**
Free 855-563-4645/855-252-5342 or
www.communitylegal.org
- **Food Stamp Program (SNAP)** Call 978-965-8700
- **Fuel Assistance:** MOC Inc. (978) 342-4520 (**Time to apply is now**)
Salvation Army (978) 342-9407
- **Joe for Oil:** 877-563-4645
- **MEALS ON WHEELS** to your home is offered. Call 978-345-8501 Ext.5
- **Central MA Agency on Aging:** 978-852-5539
- **THE CENTER FOR LIVING AND WORKING (CIL)** Assistance with insurances, SSI/SSDI, housing, services like PCAs, food, medication issues, etc. (508) 798-0350.
- **Veterans Crisis Line: dial 988 (press 1)**
- **Massachusetts Equipment Distribution Program** (Mass EDP) If you are a Massachusetts resident with a permanent disability that limits your ability to use the telephone effectively you may be eligible to receive assistive telephone equipment free of charge or at a reduced rate, depending on your income.
- **SHINE:** Need help with Health Insurance coverage? A free consultation with a SHINE counselor is available. Call senior center to make an appt or call 978-400-0690. SHINE counselors can help

you to understand changes to your current plan, as well as discuss other options you may have. Before you call SHINE, visit
www.medicare.gov and create a personalized Medicare account. You can enter your medication information to help determine the least expensive plan. Or call the Senior Center and we will direct your call to our personal SHINE counselor.

COA DONATIONS

The Senior Center has a VERY tight budget. So, any financial support will go a long way!

INTERESTED IN DONATING?

Interested parties can make checks payable to the Town of Ashburnham and on memo write COA donation account.

Your donation can be dropped off at our offices located in the Town Hall or mailed to: 32 Main Street, Ashburnham MA 01430. Attn: COA
Your donation is considered tax deductible.

The Donors name will be recognized in the Ashburnham COA Newsletter.

A GIFT IN YOUR WILL

I give and bequeath to the Town of Ashburnham-COA Donation Account in Ashburnham, Massachusetts the sum of \$ _____ or _____ % of the rest, residue, and remainder of my estate to be used for the benefit of the seniors of Ashburnham, Massachusetts.

COA BOARD

Next meeting Tuesday, May 14th at 12pm.

RMV Senior Line: M-F 9-5
(857)-368-8005

SHRINERS HOSPITAL

Volunteer Dan, collects **can tabs monthly**. Thank you for your service.

STAMPS

Do you need stamps? We have order envelopes you can place in your mailbox, and the post office will deliver directly to you.

DO YOU LIKE TO SHOP?

We have free puzzles, a full closet of gently used men & woman's clothing, all sizes and shelf stable food (cans, rice, pasta, etc..) Thank you for ALL who have donated.

DURABLE MEDICAL

EQUIPMENT

WE HAVE TONS OF ITEMS!
Spread the word.

Depends, canes, commode, walkers with basket or tray table, shower chairs, folding cane, rollators, gait belts, compression socks, etc.. All available to loan.

FRIENDS OF THE COA

Is a 501c3 non-profit group which raises funds and provides financial assistance for both regular and special programs offered at the Senior Center. **We are seeking a committee who is willing to start the group.**



<https://talkingbook.mywpl.org/DisabilityInfo.org>

GRIEF & LOSS SUPPORT GROUP

Share

Connect

Remember

Rebuild

Please, join us for a monthly support group. A group for people to connect with others experiencing feelings of grief and loss. We will share, experiences, concerns, and feelings in a safe, confidential, supportive atmosphere. This a non-judgmental place where you know that everyone in the group understands your journey because they are experiencing similar circumstances. This is a peer group, where each participant is free to share their issues as well as solutions and suggestions that may help other group members. Areas we may explore include, developing healthy coping strategies, processing feelings related to loss, and community resources.

LAST TUESDAY OF EACH MONTH

10:30 AM - 11:30 AM

at

GARDNER REHAB & NURSING CENTER

59 EASTWOOD CIRCLE GARDNER, MA

FOR QUESTIONS OR TO REGISTER

CONTACT

JULIE MOSCHETTI, BSW, LSW

FACILITATOR

978.340.5584

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What vegetable is cool, but not *that* cool? Rad-ish.

Good nutrition is an essential part of a healthy lifestyle and is really important for your health now and in the future. Many of us know what poor nutrition is; sugary food, processed food, fried foods etc. Poor nutrition or malnutrition is commonly caused by not eating enough or not getting enough of the right foods to give your body the nutrients it needs. Proteins for building and repairing muscle tissue (beans, pulses, dairy, eggs, fish, meat etc.)

- Fats for healthy cell function (quality olive oil, butter, nuts, seeds etc.)
- Carbohydrates for energy and digestive health (high fiber, wholegrain and starches like rice, bread, pasta, grains etc).
- Vitamins and minerals for body function regulation, mental health and prevention of chronic disease (from a variety of 5 portions of fruit and vegetables).

Signs of good nutrition; you will enjoy a healthy weight, have good skin, hair and nails, regulated balanced energy levels, daily comfortable bowel movements and deeper, refreshing sleep. Keep an eye on your labels. Look up unknown ingredients in your food, you might be surprised!



MAY

ASHBURNHAM POLICE DEPARTMENT TIP OF THE MONTH

As we begin to emerge from our winter hibernation, and we get out and about I wanted to share some basic safety tips for the spring:

1. Check smoke detectors & fire extinguishers

An essential spring-cleaning tip is checking your fire extinguisher, smoke alarms, and carbon monoxide detector. An easy way to remember when to change the batteries in your detectors is when we adjust the clocks for daylight savings time. Additionally, check the expiration of your fire extinguisher. And if you don't have one, make sure you get one soon!

2. Organize your medicine cabinet and other first aid supplies

Is your medicine cabinet bursting with prescription and over-the-counter drugs, first aid materials, or random things that make you wonder how they got there in the first place? Now is the best time to tackle that cabinet! Make sure your first aid kit is complete and readily available, complete a file of life and place it in a conspicuous location for first responders, and toss any expired medications. It's essential to get rid of expired medicines for several reasons: Expired drugs don't work, take up space, and you risk accidentally using the wrong prescription. Old and expired medications can be disposed of at the public safety building in the lobby.

3. Perform an informal home assessment

As your spring cleaning goes into full effect evaluate the state of your home and safety. As discussed in previous Tips of the Month make sure your home is:

1. Well-lit (inside and out)
2. Easy to move through and free of clutter. Clear items that may be a fall risk (extension cords, rugs, etc.)
3. Doors and window locks are functioning properly, and you have more than one egress point in case of an emergency
4. Trim hedges or shrubs around your home so you have a clear view
5. Consider installing a security system or security cameras for additional safety
6. Make sure your home's street number is visible for first responders.

As we every Tip of the Month provided, contact our department at 978-827-4413 with any questions.

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

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978.632.8776

www.gardnerrehab.com



As One We Overcome

No matter what happens, our care and support will be here for you and your family.



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978.343.4411

335 Nichols Rd. Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster
978.537.0771

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