



Longevity Ledger

Ayer Senior Center

April 2023

From The Desk of the Director—

Instead of my usual musings about the season, I am seeking input on some of our programs and services. This is YOUR senior center, after all. It should be focused on the things you want and need. Please call, stop by, or email me with your thoughts on the following:

1. Senior Store (in the Senior Center and the mobile version at Pond & Pleasant Streets): I received many requests for the store, but not many customers. Is this a helpful program, or not needed? Perhaps it needs different items or different schedules? More reminders? Should we continue it?
2. Meals: Would you attend catered meals, if expanded to include Mondays or Fridays?
3. Transportation: Are we servicing the towns you need? Is there a town you would like to add? Would you be willing to have set times for Shop & Save trips in order to visit these additional towns? What about the Tuesday afternoon group shopping trips—are there different places you would like to go?

— Katie



Senior Center Update

Monday, April 24 at 1:00pm If you missed the meeting in March, we're offering the update again! The Senior Center Site Selection Working Group is recommending a combined Senior Center & Rec Center (Community Center) be built at Pirone Park! Come learn more about the progress, next steps, and how you can help!

Council on Aging Mission Statement: The Ayer Council on Aging (COA) is a service department for members of the community 60 years of age and older. We provide comprehensive information and quality services to help seniors, their caregivers, and adult children. Our goal at the Ayer COA is to empower individuals and families as they make life choices in support of aging with dignity, health, and personal fulfillment. We provide a variety of programs and services to bring together our senior citizens in a safe and nourishing environment, including meals, transportation, social service assistance, fitness classes, health education and screening, activities, and social opportunities.

COA Board of Directors: Dennis Curran, Janine Nichipor, Marge Withee

Next COA Board Meeting: Monday, April 10 at 2pm

Katie Petrossi, Director

Sam Parr, MART Van Coordinator

Denise Galvin, Nutrition Coordinator

Open 9am-3pm, Mon—Fri

www.ayer.ma.us/council-aging

Ayer Senior Center

18 Pond Street Rear

Ayer, MA 01432

Main Office: (978) 772-8260

Dial-a-Ride: (978) 772-8261

Special Events *(RSVP Required)*



WOW Handmade Greeting Cards *(funded by the Ayer Cultural Council)*

Monday, April 3 at 1:00pm

In this hands-on workshop to create individual cards for a friend or family such as miss you; gratitude; holidays, well wishes; congratulations; sympathy, special occasions, etc. This is an opportunity to make a one-of-a-kind card for someone that may need support or recognition. Participants can discuss possibilities as they experiment choosing colors, shapes, and becoming cheerleaders of other's work.



What You Should Know About PFAS: The MA PFAS & Your Health Study in Ayer

Wednesday, April 5 at 12:00pm

Ayer is one of many towns that discovered PFAS (aka "Forever Chemicals") in our public water supply. These chemicals are used in many nonstick, stain-resistant, and waterproof consumer items and have been found in the blood of 99% of Americans and are linked to many harmful health effects. Fortunately, drinking water in Ayer is now filtered to remove PFAS. Please join us for a presentation by Dr. Laurel Schaidler, Senior Scientist at Silent Spring Institute and Laurie Nehring, President of People of Ayer Concerned About the Environment. You'll learn more about PFAS chemicals and how to reduce your exposure. You'll also learn if you are eligible to participate in a national CDC-funded health study!



Growing Places Farmer's Market (Ayer Library)

Tuesday, April 11 at 3pm

Come shop the new Growing Places Market! Fresh local produce will be available for purchase using cash, credit, ATM, farmers market coupons, or SNAP/HIP dollars. The Market will visit the Ayer Library monthly on the second Tuesday of the month from 3 - 4 pm. No registration is required.



Preventing Medicare Fraud

Wednesday, April 12 at 12pm

Protect Yourself From Medicare Fraud! Over \$60 billion of our tax dollars are lost to Medicare fraud each year. Massachusetts Senior Medicare Patrol (SMP) Program will discuss how to prevent, detect, and report healthcare errors, fraud, and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. *The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90MPPG0051 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC.*



Seafood Lasagna Luncheon

Tuesday April 18 at 12pm; FREE

Join us for a delicious seafood lasagna—layers of noodles, scallops, and shrimp, covered in cheese and lobster cream sauce. Delicious!



Downsizing: Fix It To List It

Wednesday, April 19 at 12:30pm

Are you ready to downsize into a smaller home, but find the process overwhelming? The pros from RHR Real Estate will break it down into more manageable parts: legal & financial matters, how to clear the clutter, deciding what needs fixing before you list, and how to stage your home. This presentation is great for seniors AND adult children!



AARP Safe Driver Training

Thursday, April 27 9:30am-2:00pm (\$20 for AARP members and \$25 for non-members)

This updated AARP Smart Driver Course offered by AARP is the nation's largest driver safety course and is designed especially for drivers age 50 and older. Attendees will be taught: The current rules of the road; how to understand new traffic control devices on our ever-changing roadways; about defensive driving techniques; about some of the new *technical* features in vehicles like *lane departure warnings*, *blind spot indicators* and *adaptive cruise control* and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no road tests to pass.



Bus Trip: Spring Bulb Show (Stevens Coolidge House, North Andover)

Friday, April 28 at 1:45pm, Cost: \$10.00

At *Spring Blooms*, immerse yourself in the beauty of tulips and other bulbs filling nine display gardens with the exuberant colors of spring. Please note the property has accessible crushed stone pathways present throughout the property. Off the paths, the grounds are uneven grass.

Fun & Games

Cribbage	Tuesdays at 11am. All experience levels welcome.
Rummikub	Tuesdays at 1pm. All experience levels welcome.
Bingo	Thursdays at 1pm. \$1.00 per card.
Coffee Hour	Fridays at 9am. Join friends old & new for coffee and pastries.
Game Time	Fridays at 1pm. We have all the best board games... bring a friend!
Movie	Friday, April 14 at 1pm <i>Yankee Doodle Dandy</i> (1942).

Senior Services



SHINE Medicare Counseling

Monday, April 3rd (First Monday of the month) by appointment.

Questions about signing up for Medicare or making changes to your Medicare plans? A certified SHINE counselor is available to assist you with free and unbiased support: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. In-person and telephone or video calls are available. Support in Spanish is also available. SHINE also offers resources online through its website at www.shinema.org and our weekly Medicare 101 webinars.



Fuel Assistance Application Assistance

Monday, April 3rd (First Monday of the month) by appointment.

Don't let rising fuel costs take over your budget! Fuel Assistance (also known as the Low Income Home Energy Assistance Program) helps eligible households pay a portion of their winter heating bills. If you make less than \$42,411 annually for a household of one (or \$55,461 for a household of two), this program can help you pay for the cost of your primary source of heat. Appointments will be at the Senior Center, but please call MOC Fuel Assistance at 978-342-4520 to schedule your appt.



AARP Income Tax Preparation

Tuesdays in February, March, and April by appointment

Trained volunteers will be at the Senior Center this year to assist you in preparing your 2022 income tax return. Please bring your picture ID, last year's tax return, income statements (W2, 1099, etc) and statements for any expenses you wish to write off.



SNAP/EBT Food Benefits

By Appointment

Due to recent action by the federal government, the extra COVID SNAP benefits are ending March 2, 2023 in Massachusetts. Starting in April, you will get only one monthly payment. That is your normal benefit. Get your normal amount on DTA Connect or listen to the information about your case by calling DTA at 877-382-2363. If you need further assistance, we can help!

MassHealth Eligibility Update: MassHealth has maintained members' coverage and benefits due to continuous coverage requirements that started during the COVID-19 emergency. We will soon return to our normal renewal process. All MassHealth members will need to renew their health coverage. If MassHealth has enough information to confirm your eligibility, your coverage will be renewed automatically. If we are not able to confirm your eligibility automatically, we will send a renewal form in a blue envelope to the mailing address we have on file. What you need to do now: Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth. Update using your MA Login Account at <http://www.mahix.org/individual>. Don't have an account? Contact MassHealth Customer Service at (800) 841-2900.

Need help applying for **senior housing**, or **ACP** benefits that lower your cell phone and internet bills? We can help! Call the Senior Center to schedule an appointment.

Monthly Events



Senior Store

Senior Center: Daily following lunch

Pond Street: Second Mondays (April 10) at 3pm in Bldg A; 3:30pm in Bldg B

Pleasant Street: Third Mondays (April 24 due to the holiday) at 3pm

The Senior Store is a convenience program offered by the senior center, featuring snacks, household items, personal care items, and basic groceries. Prices vary and reflect what we paid for the items (this is not a fundraiser, nor is it subsidized).



Women's Conversation with Linda

Wednesday, April 12 & 26 at 11am. FREE.

Get together to laugh, share, and discuss issues relevant to women as they age. The topic will change every week; examples include sleep, stress, grief, fitness, etc. No politics/religion.



Birthday Party

Tuesday, April 11 at 12pm New tradition! Following lunch, we'll celebrate our friends old and new that have a birthday this month.



Coping with Grief: Nashoba Nursing offers two ways to support those who are grieving.

1. Grief Support Groups: Conversation about Death & Grief
Wednesday, April 12 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)
Wednesday, April 26 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)
2. Grief Social: A gentle opportunity to gather and meet with others who are grieving
Friday, April 21 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)
Tuesday, April 25 at 11:30am (Il Forno Restaurant, 529 King Street, Littleton)

For more information, contact Lucia Camara of Nashoba Nursing at (508) 951-3850. *COA Van transportation is available for the daytime gatherings, but not the evening social.*



Supper Club

Tuesday, April 10 at 5:00pm: Tequila's (Groton)

Friday, April 21 at 11:30am: As Good As It Gets

Cost: \$4 for the van + the price of your meal

A word about timing: at-home pickups begin 15-20 mins before the meetup time above. The time above is the time to be at the Senior Center. If you're meeting us at the restaurant, adjust for the COA Van's driving time.



Coffee and Cribbage with a Cop

2nd Tuesday (April 11) at 11am Get to know members of Ayer Police Department over a cup of coffee, or challenge them to a game of cribbage! This casual event is a great time to discuss issues, ask questions, and build community together.



Coffee & Conversation

Fridays in April at 9am; FREE

Join us for coffee and pastries on Fridays in April. This is a great way to drop in and see our remodeled Senior Center, if you haven't been in since before the pandemic!

Senior Center Robocalls

Robocalls help us reach people quickly to notify about weather-related closings, last minute program changes, delayed meal deliveries, etc. Please consider adding a contact to your cell phone called "Senior Center Robocall" with the number **(617) 855-0125**. All robocalls from the Senior Center come from this number.

Creativity



Knit/Crochet

Wednesdays at 1pm Gather around the fireplace to visit with friends! This month we're working on simple hats and mittens to donate to local charities. Pattern will be provided!



WOW Handmade Greeting Cards Monday, April 3 at 1pm

Come to this hands-on workshop to create individual cards for a friend or family such as miss you; gratitude; holidays, well wishes; congratulations; sympathy, special occasions, etc. This is your opportunity to make a one-of-a-kind card for someone that may need support or recognition. Participants can discuss possibilities as they experiment choosing colors, shapes and becoming cheerleaders of other's work. *Funded by the Ayer Cultural Council.*

For Your Health



Well-Adult Clinic

Thursday, April 13 at 12:30pm Nashoba Board of Health nurses will provide free blood pressure screening, general health information, and first aid. For in-home flu or COVID booster shots, call Nashoba Public Health at (978) 772-3335 ext. 357 to schedule.



Body Work with Jeff

Mondays at 10am

Cost: \$10 for 10 min; \$50 for 1 hour

This one-on-one session with Jeff utilizes Chinese medicine to improve the flow of energy in your body and promote healing.

Fitness



Chair Exercise (DVD)

Tuesday thru Friday at 9am. Free.

This chair exercise program will feature a variety of favorite DVD-based favorites like Ann Pringle's Strength & Stretch, as well as the Grow Young Fitness videos that alleviate arthritis and joint pain.



Intermediate Chair Exercise (DVD)

Monday, Wednesday, and Friday at 10am. Free.

This DVD-based chair exercise program takes it up a notch, for those looking for a faster paced workout, including the Curtis Adams fitness series.



Chair Yoga (DVD)

Tuesdays and Thursdays at 10am. Free

This DVD-based yoga practice features a variety of poses that can be done seated or standing.



Strength-Balance-Flexibility with Jeff Cote

Mondays at 9am; \$3 suggested donation This instructor-led class will help keep your muscles strong, your joints flexible, and reduce your risk of falling!



Yoga with Jeff Cote

Mondays at 11:00am; \$5 suggested donation



Tai Chi with Jeff Cote

Tuesdays at 11am; \$5 suggested donation Often described as meditation in motion, Tai Chi is a slow-moving exercise that reduces stress & anxiety, improves flexibility, balance & agility, reduces joint pain, and promotes good sleep.

If your health insurance has a **FITNESS BENEFIT** you may be able to apply it to Jeff's classes! See Katie for your receipt.



Meals *(RSVP Required)*

Join us at one of our many dining options: MOC meals, catered meals, restaurant meals, and twice monthly Supper Club. All onsite meals served at noon. Suggested \$3.00 donation for all meals.

Please call 978-772-8260 to sign up. RSVPs allow us to have enough food for everyone.



Meals on Wheels

Provided by MOC

Call 978-345-8501 Ext. 2 to register

Meal includes: Entree, Bread, Fruit, Milk

Delivered Tuesday & Thursday between 12:00 –1:30pm

Someone must be home to receive the meal



Loaves & Fishes Food Pantry provides food and support to residents of Ayer and surrounding towns.

Pick up in your own car:

New Hours Starting April 1st

1st Tuesday Evening: 5—7 PM

Wednesdays, Fridays, and 3rd Saturday: 9 AM-12 PM

April 4, 5, 7, 12, 15, 19, 21, 26, 28

We pick-up food & deliver to seniors (after 2pm):

April 7, 14, 28

If you need delivery, you must reserve 48hrs ahead

First time Loaves & Fishes clients:

Call (978) 772-4627x312 or

email clientservices@loavesfishespantry.org to enroll or schedule a drive-thru time.

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Senior Center</u> MOC: Beef Burgundy over Noodles <u>Meals on Wheels</u> None	4 <u>Senior Center</u> Chicken Alfredo & Greek Salad (Jimbo's) <u>Meals on Wheels</u> MOC: BBQ Boneless Pork Ribs	5 <u>Senior Center</u> Bulkie Sandwiches (Metropolitan Deli) <u>Meals on Wheels</u> None	6 <u>Senior Center</u> Stuffed Shells and Salad (Lazy Marys) <u>Meals on Wheels</u> MOC: Cold Salmon Salad	7 <u>Senior Center</u> Sal's Pizza & Salad <u>Meals on Wheels</u> None
10 <u>Senior Center</u> MOC: Honey Garlic Chicken <u>Meals on Wheels</u> None	11 <u>Senior Center</u> Pulled Pork Sandwich (Smoky Bones) <u>Meals on Wheels</u> MOC: Veggie Frittata	12 <u>Senior Center</u> Roast Beef Sandwich & Fries (Junction) <u>Meals on Wheels</u> None	13 <u>Senior Center</u> Chinese Favorites (Wok N Roll) <u>Meals on Wheels</u> MOC: Baked Ham	14 <u>Senior Center</u> Leftover Pork Florentine (Donelan's) <u>Meals on Wheels</u> None
17 CLOSED FOR PATRIOTS DAY	18 <u>Senior Center</u> Seafood Lasagna (Filho's) <u>Meals on Wheels</u> MOC: Broccoli Cheese Chicken	19 <u>Senior Center</u> Breakfast Favorites (Karyn's Kitchen) <u>Meals on Wheels</u> None	20 <u>Senior Center</u> Shepherd's Pie (Donelan's) <u>Meals on Wheels</u> MOC: Meatloaf	21 <u>Senior Center</u> MOC: Mediterranean Cod <u>Meals on Wheels</u> None
24 <u>Senior Center</u> MOC: Turkey with Gravy <u>Meals on Wheels</u> None	25 <u>Senior Center</u> Burgers & Fries (Five Guys) <u>Meals on Wheels</u> MOC: Swedish Meatballs	26 <u>Senior Center</u> Turkey Club & Soup (Markoh's on Main) <u>Meals on Wheels</u> None	27 <u>Senior Center</u> (To Be Determined) Nashoba Park <u>Meals on Wheels</u> MOC: Chicken Parm	28 <u>Senior Center</u> MOC: Lentil Stew <u>Meals on Wheels</u> None

Give yourself a boost with benefits! The cost of living keeps going up – which can be hard if you're living on a fixed income. April 10-14 is Boost Your Budget™ Week, the perfect time to see if you qualify for benefits programs that can help you pay for food, medicine, housing, and more. Our BenefitsCheckUp® tool, available in English and Spanish, is free and confidential and will give you a personalized list of benefits to explore. Answer a few short questions and get a list of programs that could help you. Start your checkup at BenefitsCheckUp.org



**Boost
YourBudget**

MART Van

Please call 978-772-8261 to schedule a ride
Call the MART van directly at (978) 514-5118 for return trips

Fares:

\$1.00 each way in-town
\$2.00 each way, out of town

The MART Van is available to Ayer residents age 60+ and those with disabilities of any age.

Rides must be reserved 48 hours in advance!

Special Programs may cause modifications to this schedule.

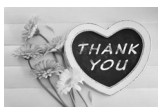
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market Basket in Littleton	Ayer, Shirley, Groton, Harvard, Devens	Loaves & Fishes Deliveries

Group Shopping:

1st Tuesday: Nashua Mall Plaza (Nashua): Christmas Tree Shops, Kohls, Burlington Coat Factory, LL Bean
2nd Tuesday: Walmart (Lunenburg)
3rd Tuesday: Target (Leominster)
4th Tuesday: Highland Commons (Hudson/Berlin line): Market Basket, BJs, TJ Maxx, Lowe's, Cabelas, Michaels, Bed Bath & Beyond, PetSmart, and more.

Many thanks to the following businesses who have donated to the Ayer Senior Center recently:

*Ayer Shop & Save
Bemis Corporation*



Important Phone Numbers

Community Legal Aid—Fitchburg

(978) 516-5155

Elder Abuse Hotline

(800) 922-2275

Executive Office of Elder Affairs

(617) 727-7750

Fuel Assistance

(978) 342-4520

Aging Services of North Central Massachusetts

(978) 537-7411

Nashoba Nursing Service

(978) 425-6675

SHINE Medicare Counseling

(508) 422-9931

Tax Relief for Seniors

Ayer senior citizens can receive a Tax Deferral through participation in the Senior Work-Off Program. The purpose of this program is to provide qualified, efficient resources to the Town, while assisting senior residents in paying their property tax bills by drawing on their skills and expertise, and increasing their involvement in public service.

As part of the Senior Tax-Workoff Program, you can work up to 100 hours and receive up to \$1500.00 off your taxes!

While you can be placed with any town department, the Senior Center is looking for:

- Receptionists to answer phones
- Handyman to assist seniors with basic home maintenance
- Homemakers or Personal Care Attendants (training available)
- Craft class instructors
- Social media manager
- Technology tutor
- Much, much more!

**Interested in learning more?
Call the Senior Center at
978-772-8260**

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch 1:00 WOW Cards <i>Fuel Assistance by Appt</i> <i>SHINE by Appt</i>	4 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub <i>AARP Tax Prep</i>	5 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & PFAS 1:00 Knit/Crochet	6 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	7 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Games
10 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch 2:00 COA Meeting 3:00 Mobile Store 5:00 Supper Club	11 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage with A Cop 11:00 Tai Chi 12:00 Birthday 1:00 Rummikub 3:00 Farmer's Mkt <i>AARP Tax Prep</i>	12 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 11:00 Grief Support 12:00 Lunch & Medicare Fraud 1:00 Knit/Crochet	13 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	14 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Games 1:00 Movie
17 Closed For Patriot's Day	18 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 12:30 Massage 1:00 Rummikub	19 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Declutter 1:00 Knit/Crochet	20 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	21 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 11:30 Supper Club 12:00 Lunch 1:00 Games 4:30 Grief Social
24 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch 1:00 Senior Center Update 3:00 Mobile Store	25 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 11:30 Grief Social 12:00 Lunch 1:00 Rummikub	26 9:00 Chair Exercise 10:00 Exercise 11:00 Women Conversation 12:00 Lunch 1:00 Knit/Crochet 2:30 Grief Support	27 9:00 Chair Exercise 9:30 Safe Driver 10:00 Yoga 12:00 Lunch 1:00 Bingo	28 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Games 1:45 Spring Bulbs



APRIL 2023

hello SPRING