

Athol Council on Aging



82 Freedom Street
Tel: (978) 249-8986
Fax: (978) 575-0277

October 2016

Meetings & Activities at the COA/Senior Center

COUNCIL ON AGING October 18, 2016 - 1:30 pm—Board Meeting	
FRIENDS OF COUNCIL ON AGING October 13, 2016 -1:00 pm—Meeting	
ATHOL GOLDEN AGE CLUB October 17, 2016 - 1:00 pm - Meeting	
MT. GRACE AARP CHAPTER #3673 October 3, 2016 - 1:00 pm—Meeting	
MONDAY	Painting ————— 12:30 pm—2:30 pm Cribbage (Cards) ————— 12:30pm—3:00pm
TUESDAY	Fitness Class ————— 9:00am—10:00am Red Aces (Cards) ————— 10:00am—2:00pm Senior Lunch—Reservations Required—12:00pm Bingo ————— 1:00pm—3:00pm
WEDNESDAY	Quilting Group ————— 9:00am-11:00am Senior Lunch—Reservations Required—12:00pm Bingo ————— 1:00pm—3:00pm Line Dancing ————— Summer Break
THURSDAY	Fitness Class ————— 9:00am—10:00am YOGA ————— 10:30am— 11:30am

Cathy A. Savoy
 Executive Director

Judith Thayer
 Program Coordinator

Margaret Young
 Chairperson

Stephen Larry
 Vice-Chairman

Directors
 Kathleen Cygan
 Jean Ryder

Walter Lehmann
 Lillian Bachelder
 Ruth Black
 Linda Grenier
 Arthur Herk

Coming Events

MONTHLY MOVIE & LUNCH

“Hocus Pocus”
 October 27, 2016
 Lunch sponsored and prepared by the Council on Aging

FALL FROLIC
Friends of the COA
 Dinner & Music
 October 7, 2016

FLU CLINIC
 October 19, 2016
 Wednesday
 10:00 am—1:00 pm

ELDER CARE SEMINAR
 Wednesday
 October 26, 2016
 1:30—3:00 pm

For more information call the COA at 978-249-8986

File of Life—Free!

These small magnetic folders attach easily to your refrigerator.

They list medical needs, medications, doctors, and emergency contacts and are invaluable to emergency personnel. They are available at the COA office.

FOOT SCREENING

Athol Senior Center
October 11, 2016
October 18, 2016
8:00 - 9:45 AM
For additional information call
978-249-8986

BLOOD PRESSURE CLINIC

Wednesdays
Oct 5, 2016 Pequoig Apts
10:00 AM - 11:00 AM
Oct 12, 2016 Senior Ctr
11:00 AM -12:00 PM
Oct 19, 2016 Senior Ctr
11:00 AM -12:00 PM
Oct 26, 2016 Lakeside Apts
10:00 AM -11:00 AM



The Royal Rubies

The Royal Rubies of the Red Hat Society's next meeting at the Senior Center will be October 25, 2016 Time—1:00 pm New members are welcome.

Athol Senior Monthly Menu/Activities/Services (Council on Aging Sponsored Programs)

Meals on Wheels
1-800-732-4636

Congregate Dining
Tuesday & Wednesday
Call one day in advance by 10:30 AM
978-249-9001

Senior Transportation
978-575-9966

Foot Screening
978-249-8986

SHINE
Serving Health Information Needs of Everyone
978-249-8986

Grandparents Raising Grandchildren
978-249-5070

Free Legal Assistance
Contact COA
978-249-8986

Money Management
800-732-4636

Brown Bag
October 19, 2016
Senior Center
Pick up
11:00-11:45 AM

Fuel Assistance
Contact COA
978-249-8986

Food Resources
For listing of Food Pantries call the COA
978-249-8986

Friends of the COA

President
Carol Dubour
Vice President
Brent Winters
Treasurer
Richard Coburn
Secretary
Christine Miranda
Directors
Bruce Raymond
Mary Raymond
Bonnie Hodgdon
Allen Hodgdon
Joan Gates
Toni Phillips
Deborah Taylor
Leonard Venett
Ex-officio Members
Cathy Savoy

IMPORTANT HEALTH BENEFIT NOTICE

Medicare open enrollment starts October 15 and ends December 7, Pearl Harbor Day. The changes you make during open enrollment take effect January 1st the following year. You only have one chance a year to make changes to your Medicare coverage. The annual Medicare open enrollment period is that chance.

Whether this is your first Medicare open enrollment or you've been doing it for years, it pays to take time each autumn and study your options. The number and types of plans available in your area change each year, bringing new options and eliminating previous options. The benefits and costs associated with a plan you've had for years can change. This is your chance to do something about it.

Be sure to review the annual notice of change in Health Benefits that will arrive in your mail. For any assistance, contact the Council on Aging at 978-249-8986 to make an appointment with a trained SHINE counselor.

The Council on Aging is looking for a volunteer to assist the dining room manager with preparing noon time meals. Call the COA office at 978-249-8986 to set up an appointment.

FLU SHOTS AT THE ATHOL SENIOR CENTER

A Flu Clinic sponsored by the Council on Aging and administered by our local Rite Aid Pharmacy will be held at the Senior Center on Wednesday, October 19th. Registration begins at 10:00 am. Shots will be administered beginning at 11:00 am.

Registration forms will be available to complete prior to the flu shot by stopping by the Council on Aging office or at the Athol Board of Health.

If you have insurance, you must bring your card. Questions can be directed to the Council on Aging office at 978-249-8986.

What You Should Know this Flu Season If You Are 65 Years and Older

Published by CDC—Disease Control and Prevention

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older. Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu. Flu vaccines are often updated each season to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever. **Practice good health habits** including covering coughs, washing hands often, and avoiding people who are sick.

ATHOL GOLDEN AGE CLUB HOLIDAY TRIP

The Athol Golden Age Club is sponsoring
WALTHAM'S REAGLE MUSIC THEATER WITH BREAKFAST AT DENNY'S
"IT'S CHRISTMAS TIME" AT 12:00 pm

SATURDAY, DECEMBER 3, 2016

PRICE \$72.00 PER PERSON INCLUDING DRIVER'S GRATUITY

Bus departs from the Athol Senior Center at 8:15 am, and will stop at Denny's in Leominster from 9:00 to 10:30 am for a Small Grand Slam Breakfast and arrives in Waltham at 11:30 am for the noon show. Bus departs for Athol at 2:15 pm—you will be home by 3:30 pm.

For reservations call Jean McNally at 978-249-7519. Checks are payable to the Athol Golden Age Club.

SENIOR TRANSPORTATION

M.T.G. Athol Division

(Management Transportation Services
of Gardner)

Transportation to Medical Appointments,
Hairdressers, Shopping,
the Senior Center and more.

Fee: \$1.50 per ride

Reservations: Must call by 4:00 p.m.
2 days before needed.

The M.T.G. office is not open on
Saturday or Sunday

Ride requests will be scheduled on a
first come, first served basis while space is
available. For more information

Call 978-575-9966

**Montachusett Veterans
Outreach Center**

Van Transportation for Veterans
Phone: 978-632-9601

CARD MAKING CLASS at the Senior Center on
October 6, 2016 at 1:00 p.m. Gayle Bassett will be
your creative coach, The class has a \$10.00 fee,
materials will be provided to make four greeting cards.
To register and for more information, call the Council
on Aging at 978-249-8986.

SENIOR MOMENTS

Famous Quotes

"Age doesn't matter, unless you're a cheese."

--Billie Burke

"An old-timer is someone who can remember
when a naughty child was taken to the
woodshed instead of to a psychiatrist."

--David Greenberg

"Time and tide wait for no man, but time always
stands still for a woman of thirty."

--Robert Frost

"Old age is an excellent time for outrage. My goal
is to say or do at least one outrageous thing
every week."

--Maggie Kuhn

"Inside every 70-year-old is a 35-year-old asking,
'What happened?'"

--Ann Landers

"You don't stop laughing because you grow old.
You grow old because you stop laughing."

--Michael Pritchard

"Always be nice to your children, because they are
the ones who will choose your rest home."

--Phyllis Diller

"From birth to age 18, a girl needs good parents.
From 18 to 35, she needs good looks. From
35 to 55, she needs a good personality. From
55 on, she needs good cash."

--Sophie Tucker

"Retirement must be wonderful. I mean, you can
suck in your stomach for only so long."

--Burt Reynolds

"Nobody grows old by merely living a number of
years. People grow old only by deserting their
ideals. Years may wrinkle the skin, but to give
up interest wrinkles the soul."

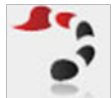
--Douglas MacArthur

"Old age is always 15 years older than I am."

--Bernard Baruch

"It has been said that there is no fool like an old
fool, except a young fool. But the young fool
has first to grow up to be an old fool to realize
what a damn fool he was when he was a
young fool."

--Harold Macmillan



Scorpio

October 23 – November 21

2016 is your year to demolish any barriers that have
been holding you back, Scorpio! With clear thinking
and sheer force of will, you can accomplish what
your heart desires and what your head knows you
need. Have more patience and charm this year, too.
This assures that more problems are solved than
created and that you make more friends and allies
than you risk losing. Your most productive time may
be in the spring when Mars is retrograde in Scorpio.
This slow, strong Mars will make you even more
methodical and irresistible. Tenderness and tact are
also highlighted skills for you in 2016. Be realistic
and kind, especially in the late summer and early fall
when Jupiter and Mercury increase your people
skills. Watch as obstacles and opposition melt away
under your gaze. It will be in the realm of family and
friends that you may see the most progress.

SENIOR DENTAL SERVICE AT THE SENIOR CENTER

The Community Health Connections (CHC) staff will perform cleanings, fittings and teach about oral health care. The Senior Dental Service program is sponsored by the Athol Council on Aging. For more information or to schedule an appointment, contact the COA office at 978-249-8986.

SNAP Assistance

The Supplemental Nutrition Assistance Program (SNAP) issues monthly electronic benefits that can be used like cash to purchase food at authorized retail food stores. Eligibility and benefit levels are based on household size, income and other factors. For assistance or appointment, call the Council on Aging at 978-249-8986.

ELDER CARE SEMINAR

October 26, 2016 1:30–3:00 PM

Athol Senior Center

The seminar is sponsored by the Mack Family Funeral Home. The program will feature Elder Law Attorney, Pamela Oddy, Neil McGuirk, Veterans Agent, Kevin Mack Funeral Director and a representative for the MA Veterans Memorial Cemetery. The seminar will include refreshments and a question and answer session.

FUEL ASSISTANCE AVAILABLE AT THE COUNCIL ON AGING - CALL FOR APPOINTMENT AT 978-249-8986

Newsletter through E-mail

You may now receive the monthly Council on Aging Newsletter by E-mail. Call COA at 978-249-8986 or stop by the office and register your E-mail address.

A MESSAGE FROM SHINE (Serving The Health Information Needs of Everyone) Prescription Drugs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug cost. You can be a homeowner and still potentially qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Social Security contact information 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp



LUNCHEON & MOVIE

October 27, 2016

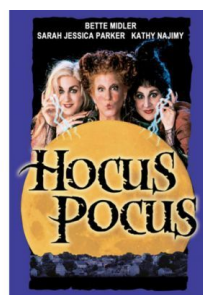
Athol Senior Center

Lunch: 12:00 Noon

Lunch Menu

Italian or Meatball Sub
With Additional Side,
Dessert and Beverage
\$3.00 per person

Lunch reservations are required,
call the Athol Council on Aging
at 978-249-8986



“Hocus Pocus”

**Starring Bette Midler,
Jessica Parker and
Kathy Najimy**

You're in for a devil of a time
when three outlandishly wild
witches – Bette Midler, Sarah

Jessica Parker, and Kathy Najimy return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters! It's a night full of zany fun and comic chaos once the tricky 300-year-old trio sets out to cast a spell on the town and reclaim their youth – but first they must get their act together and outwit three kids and a talking cat!

PG Time: 96 minutes

FITNESS CLASSES

Every Tuesday
and Thursday
9:00 am at the
Senior Center
Get into shape by
joining the fitness
class. It's beneficial
to your health.