

JANUARY 2022

ASHLAND

SENIOR CITIZEN NEWS

ASHLAND COUNCIL ON AGING



ASHLAND COMMUNITY CENTER 162 WEST UNION STREET, ASHLAND, MA 01721 ☎ 508-881-0140x1 📠 508-231-1501

"AGING IS AN EXTRAORDINARY PROCESS WHERE YOU BECOME THE PERSON YOU ALWAYS SHOULD HAVE BEEN." – DAVID BOWIE

JANUARY 12, 2022
at 12 pm

I'll See You
in my DREAMS

MATINEE

Start the new year with a comforting movie! Please make your reservation

at the
**Ashland
Senior
Center**

JANUARY 12, 2022 at 12pm

"I'LL SEE YOU IN MY DREAMS"

In this vibrant, funny, and heartfelt film, a widow and former songstress discover that life can begin anew at any age.

call to sign up 508-881-0140




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SPRING 2022

ADVENTURES ⁱⁿ LIFELONG LEARNING



Enjoy remote courses for seniors 60+ on Zoom!

Tuesdays, April 5, 12, 26 and May 3

Visit our website to join the mailing list and learn more.
www.bit.ly/Adventures-FSU

Registration will open on Tuesday, March 8, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Framingham Cultural Council, Marlborough Cultural Council, and Natick Cultural Council.



NEVER MISS A NEWSLETTER!

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Ashland Council on Aging, Ashland, MA 06-5054

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LISA ABBASCIA	Dance Class
MARY GREEN	Chair Yoga
ANA VLADIMIROV	Art Class
Lisa Campbell	Mindful Meditation
Suzie Meeker	Watercolor Painting
PEGG ROWE	SHINE (Medicare) COUNSELOR

MEDICARE OPEN ENROLLMENT IS HERE! CHANGES TO SOME MEDICARE PLANS FOR 2022

Medicare Advantage Plans: Aetna Explorer Premier Plan (PPO) plan and Harvard Pilgrim Stride plans in Massachusetts will be discontinued as of January 1, 2022

- If enrollees in either of these plans take no action, they will be returned to Original Medicare and will therefore have no prescription drug coverage
- Enrollees have a Special Enrollment Period through the end of February 2022 to select a new plan for 2022

Prescription Drug Plans: Wellcare and Express Scripts are discontinuing some of their stand-alone prescription drug plans and are moving enrollees into an alternate Wellcare plan for 2022.

Premiums may be significantly higher in these new plans.

Medigap plans: These are continuously open for enrollment in Massachusetts.

For information and assistance with enrolling in a Medicare Advantage, Medigap, or Prescription Drug plan, contact **SHINE at 1-800-243-4636 or the Centers for Medicare and Medicaid Services at 1-800-633-4227.**

BREAKFAST

sponsored by the Ashland Lion's Club
January 6, 2022 at 9:00am

Cost: \$1.00 to be paid in advance of the breakfast
Includes coffee, juice pastry, fruit

call to sign up 508-881-0140x1

ASSISTANCE WITH FOOD

If you need assistance with a food emergency please call the Senior Center at **508-881-0140 ext 1.** and we will direct you to the Food Pantry and Human Services Team.

MEALS ON WHEELS BAYBATH ELDER SERVICES

Is accepting new referrals. The program is open to people over the age of 60, homebound or unable to prepare meals. Call **508-573-7200** and leave a message. Your call will be returned.

TRANSPORTATION

Available to senior programs, medical appointments and errands. Please call the Senior Center for more information: **508-881-0140x1**



Town Manager's
COFFEE HOUR

January 19, 2022
10 - 11am

Talk about current
events in our town

A VOLUNTARY \$3 DONATION IS REQUESTED AT THE TIME OF THE CLASS

LINE DANCING CLASS WITH LISA—\$3.00

THURSDAY @ 12 pm

Cheer up dancing! Variety of dance styles is taught to all levels of mobility

ART CLASS WITH ANA —\$3.00

TUESDAYS @ 11 am

Learn to combine colors, depict light, shadow and perspective. Be in the flow, enjoy the creative process.

CHAIR YOGA —\$3.00

TUESDAYS @ 1:00pm

BREATH exercises, stretches and movement to support circulation, mobility, strength and balance

BINGO —\$1.00 CARD

FIRST and THIRD TUESDAY OF THE MONTH @ 1 pm

Just have fun!

MINDFUL MEDITATION —\$3.00

THURSDAYS @ 1 pm

Reduces depression and pain, and boosts emotional well-being

EXERCISE WITH JONI —\$3.00

MONDAYS - WEDNESDAYS - FRIDAYS @ 9:30 am

Tone up and have fun with the energizing workouts

BREAKFAST FROM ASHLAND LIONS CLUB —\$1.00

FIRST THURSDAY OF THE MONTH @ 9 am

Enjoy a hearty breakfast

WATERCOLOR WITH SUZIE Meeker

Call Suzie to register AT 508-353-7968

TUESDAYS and WEDNESDAYS @ 9:30 - 11:30 am

Learn watercolor art known for having beautiful light and flowy effects

TOWN MANAGER'S COFFEE HOUR

THIRD WEDNESDAY OF THE MONTH @ 10 am

Talk about current events in the town

MAHJONG —FREE

FRIDAYS @ 10 am

It helps people to make faster decisions and better observations

CRIBBAGE —FREE

THURSDAYS @ 12:30 pm

If you are still a beginner or would like a refresher or just to play, please join us!

CARD GAMES —FREE

WEDNESDAYS @ 12pm

Helps with concentration, patience and discipline. Enhances math skills and logical thinking

BACKGAMMON —FREE

SECOND AND FOURTH TUESDAY OF THE MONTH @ 1 pm

Improves cognitive SKILLS and critical thinking, manages stress

TECH HELP —FREE

teaches the basics of modern technology

PARKINSON'S SUPPORT GROUP

SECOND WEDNESDAY OF THE MONTH @ 1:30pm

Open to anyone: patients, caregivers, spouses, siblings, children, parents, friends, or neighbors

CHESS CLUB —FREE

MONDAYS @ 1 pm

Improves memory, develops planning and foresight, helps recovering from a stroke or a disability, promotes creativity

INTERGENERATIONAL BOOK CLUB —FREE

LAST THURSDAY OF THE MONTH @ 1 pm

The book club meets at the Ashland Public Library

LEGAL CONSULTATION —FREE

SECOND FRIDAY OF THE MONTH STARTING AT 10 am

20 min one-on-one consultation on legal matter

Community Center/Senior Center Cancellation Policy:

The Senior Center will be closed on all holidays observed by Town Hall employees.

Activities and transportation may be cancelled due to inclement weather.

The bus/van will not operate when weather causes school closings. Stay tuned to your local TV station for listing of school closings.

Ashland Community Center will be closed on **January 17, 2022.**

— The Mary Ann Morse Healthcare Corp. family —

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Please SIGN-IN for the class using the kiosk

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
3 Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm	4 Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Bingo at 1pm	5 Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am CARD Games at 12:30pm	6 Breakfast from Lions at 9am COA at 10am FCOA at 12pm LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30 pm MINDFUL Meditation at 1pm	7 Exercise Class w/Joni at 9:30am Mahjong At 10am TECH HELP at 10:30am CLOSE AT 1PM
10 Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm	11 Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Backgammon at 1 pm	12 Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am MOVIE MATINEE at 12pm CARD Games at 12:30pm Parkinson's Support Group at 1:30pm	13 LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30 pm MINDFUL Meditation at 1pm	14 Exercise Class w/Joni at 9:30am LEGAL CONSULTATION at 10am Mahjong At 10am CLOSE AT 1PM
17 MARTIN LUTHER KING JR. DAY CLOSED	18 Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Bingo at 1pm	19 Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am Town Manager's Coffee Hour at 10am Blood Pressure Monitoring at 10:30am CARD Games at 12:30pm	20 Greeting Card Shaddow Box Craft Class at 11:30am LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30pm MINDFUL Meditation at 1pm	21 Exercise Class w/Joni at 9:30am Mahjong at 10am CLOSE AT 1PM
24 Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm	25 Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Backgammon at 1 pm	26 Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am CARD Games at 12:30pm Financial Presentation at 12pm	27 LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30 pm MINDFUL Meditation at 1pm	28 Exercise Class w/Joni at 9:30am Mahjong at 10am CLOSE AT 1PM
31 Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm				



January 19, 2022

at 10:30am

BLOOD PRESSURE SELF-MONITORING

YMCA's Healthy Heart Ambassador will present Blood Pressure Self-Monitoring Program (BPSM) followed by blood pressure checks. - **FREE** -

call to sign up 508-881-0140

The Ashland Parkinson's Support Group will meet on January 12, 2022 at 1:30pm

It is open to anyone who is interested. Whether or not they have Parkinson's Disease. They can be the patient, their caregiver, spouse, sibling, child, parent, friend, or neighbor. We want them to know that they don't have to travel this path alone.

We meet monthly on the 2nd Wednesday of the month at 1:30 PM at the Ashland Community Center to discuss all things Parkinson's: Doctor's; Medication; Exercise; New research / technology; etc.

All are welcome!

Financial Topics

DISCUSSIONS ° PRESENTATIONS
Wednesday, January 26, 2022 at 12pm

- **FREE** -

- ◆ Senior Financial Exploitation
- ◆ Creating Spending Plans
- ◆ Understanding Credit Scores
- ◆ Managing Debt
- ◆ Protecting Your Identity and Other Assets
- ◆ Your Spending and Saving
- ◆ Your Money Value and Influences

call to sign up 508-881-0140

COMPUTER ROOM AND THE LOUNGE WILL NOT BE AVAILABLE TO THE PUBLIC FROM FEBRUARY 7 TO APRIL 15

TAXES-2021



Free Income Tax Preparation
Tuesday and Friday mornings

call the Senior Center to make an appointment **after January 14th**

AARP will be again sponsoring Income Tax Preparation at the Ashland Senior Center. We will be following safety guidelines: **each person will be screened for COVID before entering the building, masks are required.**

Your paperwork will be given to the preparer and you may wait for the return in the lounge or in your car.

They will be doing only simple returns. Please bring:

- W-2 Income
- 1099s - Interest, Dividends, Retirement, Miscellaneous
- Social Security Statement
- Circuit Breaker Information - Real Estate Taxes, Water and Sewer Bills
- Brokerage Statement
- 2020 Tax Return

NO Complex returns that require a Schedule D or E

NO Rental Properties - Depreciation

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ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron and Leah A. Kofos

Arthur and Leah are elder law attorneys in the Trusts and Estates Group at Mirick O'Connell.

PLANNING TO STAY HOME

It's January. It's cold. The holidays are over. What a great time to just hunker down and stay home. You probably agree with my friends Frank and Mary, and with most of my other clients, that there's no place like home. Now may be a good time to consider your situation in general and your options to stay home as long you can.

First, take a fresh look at your home. Will it be a safe place for you to live as you get older? Does the bathroom have the grab bars you may need? Are the washer and dryer in the basement? You may want to talk to a home repair person who specializes in retrofitting homes for folks who are getting older. Figure out what it would take, and how much it would cost, to make your home as safe as possible.

Next, figure out how you would pay for those home modifications. While you're doing that, work out how much it would cost you to have someone to come in and help you around the house. Call the folks at the ASAP (Aging Services Access Point) in your area and ask to have someone come over and talk to you about all this. For my clients, that means calling Baypath Elder Services or Elder Services of Cape Cod and the Islands (ESCCI). They can give you a sense of what home care might cost and whether you are eligible for subsidies through their agency.

Finally, if you don't have the savings to cover the home repairs and home care you may need, plan ahead to use your home as the source of funds to pay for those expenses. In my seminar this month, I discuss HELOCs (Home Equity Line of Credit) and reverse mortgages, which is really a home equity loan by another name. Both of these alternatives are designed to help you sleep better knowing that, if you need the funds to help you stay at home, you can access those funds quickly and easily.

I will turn 72 this month. I appreciate that anxieties come with getting older. We can't make those anxieties go away - they come with the territory, but we can reduce them by planning for the future. It's January. You're stuck at home anyway. So rather than worry about your future, plan for it. You'll sleep better. And the next thing you know, it will be spring.

If you want to learn more about this topic, check out my January seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local cable station, WACA-TV (Comcast Channel 8; Verizon Channel 39), along with Frank and Mary in Ashland, where my co-host, Steve Mitchell and I address many common issues facing seniors and the resources available during the pandemic.



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Watch our elder law
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"ElderLawFrankAndMary"



Follow our Blog:
"Getting All Your 'Does'
in a Row"

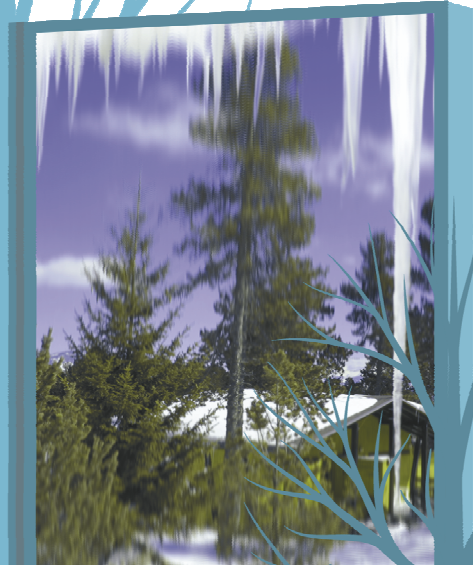
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JANUARY 20 at 11:30am

Greeting Card Shadow Box

**CRAFT CLASS
-FREE-**



call to sign up 508-881-0140

Please bring
a card of your choice

**JANUARY 14, 2022
ELDER LAW
LEGAL CONSULTATION
- FREE -**

WITH ATTORNEY ARTHUR BERGERON

**JANUARY 14, 2022
10am-12pm**

call to sign up 508-881-0140

TECH HELP

**JANUARY 7, 2022
at 10:30am**

- FREE -

Technology instructors will assist you with using your devices and gadgets and answer any questions

call to sign up 508-881-0140

JANUARY 2022 menu



EAT FRE SH!

Indoor Lunches and Take-Outs

Sign-ups will be taken up until Thursday a week before at 3:00pm of each week. No last minute orders will be taken after that time.

Payment should be made in-advance by calling ahead to order and then dropping off or mailing payment (\$4.00) to the Senior Center.

January 3 Caesar Salad w/Chicken Strips

January 10 Chinese

January 17 CLOSED

January 24 Sausages, Pepper and Onion over Rice

January 31 Baked Ziti w/Italian Meatballs and Garlic Bread

FEBRUARY 2022 menu

February 7 Ham w/Mac and Cheese

February 14 Chicken Parmesan w/Ziti

February 21 CLOSED

February 28 Swedish Meatballs w/Egg Noodles and Green Beans