

FEBRUARY 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

*" OLD ROADS, OLD DAYS, OLD FOLKS, AND OLD WAYS STILL HAVE ALOT TO OFFER IN THIS SPED UP WORLD WE LIVE IN "*

SHOW TUNES BY

# BROADWAY LADY

*Andrea Lyman*

FEBRUARY 17, 2022  
AT 1PM

Actress Andrea Lyman presents Love Song featuring songs by Cole Porter, Rodgers & Hart, Gershwin, Fats Waller, Eubie Blake and Stephen Sondheim.

Andrea Lyman graduated from Boston Conservatory of Music and has sung her cabaret show all over Massachusetts, the U.S., cruise ships and Europe. She has performed in several shows at Radio City Music Hall, off-Broadway and locally. She can be seen in quite a few films, TV shows, web series and commercials. Andrea loves singing and encouraging audiences to join her in song.

FEBRUARY 17, 2022 | at 1 pm  
FREE

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](http://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!**

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## COUNCIL ON AGING

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Diane Hansen	
Jean Delouchry	
Joanne Fahy	
Fran Blake	

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JOANNE DUFFY	DIRECTOR (Ext. 7944)
JANET BORELLI	OFFICE COORDINATOR (Ext. 7600)
Candi Wilson	OUTREACH COORDINATOR (Ext. 7945)
ANA VLADIMIROV	ACTIVITY/VOLUNTEER COORDINATOR (Ext. 7955)
MARY JANE PECZE	VAN DRIVER

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Kathy Zilioli	
Mary Cella	
Cheryl Wyrzkowski	

## INSTRUCTORS

JONI LEBOV	Exercise Class
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  
**February 3, 2022 at 9:00am**

Cost: \$1.00 to be paid in advance of the breakfast

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

It's 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

**February 16, 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

### LEGAL CONSULTATION —FREE

SECOND FRIDAY OF THE MONTH STARTING AT 10 am

20 min one-on-one consultation on legal matter

### PRACTICALLY FIT —FREE

On local cable TV - Verizon: 40 | Comcast: 96

or on [www.wacatv.com](http://www.wacatv.com) —> Schedule and Programs

—> Public Channel

## 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 **February 21, 2022.**

— The Mary Ann Morse Healthcare Corp. family —

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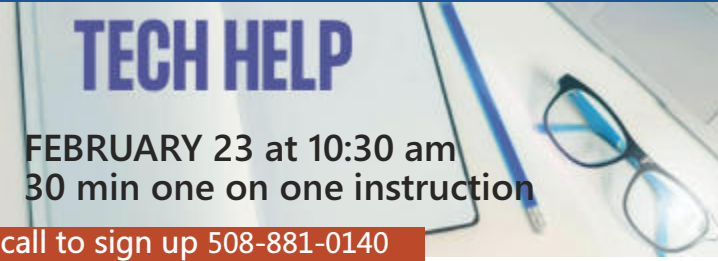
**HERITAGE**  
AT FRAMINGHAM

Independent Living, Assisted Living & Memory Care

Framingham ■ 508-788-6050  
[www.heritageassistedliving.org](http://www.heritageassistedliving.org)

**Please SIGN-IN for the class using the kiosk**

<b>MONDAY</b>	<b>Tuesday</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b> Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Bingo at 1pm	<b>2</b> Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am CARD Games at 12:30pm	<b>3</b> 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	<b>4</b> Exercise Class w/Joni at 9:30am Mahjong At 10am CLOSE AT 1PM
<b>7</b> Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm	<b>8</b> Income Tax (by appt) Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Backgammon at 1 pm	<b>9</b> Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am Blood Pressure Monitoring presentation at 10:30am CARD Games at 12:30pm Parkinson's Support Group at 1:30pm	<b>10</b> LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30 pm MINDFUL Meditation at 1pm	<b>11</b> Income Tax (by appt) Exercise Class w/Joni at 9:30am LEGAL CONSULTATION at 10am Mahjong At 10am CLOSE AT 1PM
<b>14</b> Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm	<b>15</b> Income Tax (by appt) Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Bingo at 1pm	<b>16</b> Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am Town Manager's Coffee Hour at 10am Financial Presentation at 12pm CARD Games at 12:30pm	<b>17</b> LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30pm MINDFUL Meditation at 1pm BROADWAY LADY ANDREA LYMAN performance at 1pm	<b>18</b> Income Tax (by appt) Exercise Class w/Joni at 9:30am Mahjong at 10am LEGAL SEMINAR at 11am CLOSE AT 1PM
<b>21</b> CLOSED	<b>22</b> Income Tax (by appt) Watercolor w/Suzie 9:30 -11:30am Art Class w/Ana at 11am Chair Yoga w/Mary Green at 1pm Backgammon at 1 pm	<b>23</b> Watercolor w/Suzie 9:30 -11:30am Exercise Class w/Joni at 9:30am TECH HELP at 10:30am CARD Games at 12:30pm	<b>24</b> LINE DANCING w/Lisa at 12pm CRIBBAGE at 12:30 pm MINDFUL Meditation at 1pm	<b>25</b> Income Tax (by appt) Exercise Class w/Joni at 9:30am Mahjong at 10am CLOSE AT 1PM
<b>28</b> Exercise Class w/Joni at 9:30am LUNCH 12pm CARD Games at 12:30 Chess Club at 1pm				



**TECH HELP**

FEBRUARY 23 at 10:30 am  
30 min one on one instruction

call to sign up 508-881-0140

**LEGAL CONSULTATION**

**FEBRUARY 11, 2022**  
**ELDER LAW**  
20 MIN ONE-ON-ONE LEGAL CONSULTATION  
~ FREE ~  
WITH ATTORNEY ARTHUR BERGERON  
**10am-12pm**

call to sign up 508-881-0140

**LEGAL SEMINAR**  
~ FREE ~  
**MOVING**

At some point, it may be time to move. But where to? An apartment? Elderly housing? Independent or Assisted living, your child's house? Elder law attorney Arthur Bergeron discusses how you can evaluate these options and take advantage of the government programs that can help you make the move.

**FEBRUARY 18, 2022, 11-12pm**

call to sign up 508-881-0140

**How to Save Money on Heating Your Home**

- ✓ Do a home energy audit
- ✓ Seal air leaks
- ✓ Check ducts for holes & gaps
- ✓ Add insulation
- ✓ Check filters
- ✓ Consider a budget-billing program
- ✓ Lower your thermostat before you head out for the day
- ✓ Comparison Shop



**Free Income Tax Preparation**  
Starts February 8, 2022  
**Tuesday and Friday mornings**  
call the Senior Center to make an appointment **508-881-0140 x 1**

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

**The Ashland Parkinson's Support Group will meet on February 9, 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!**


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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.*

### MOVING

Moving. A word that brings fear to the hearts of most seniors. You've been in your home forever, but either you can't manage it any more or you really don't want to. While every situation is different, here is some general advice that may help:

• **PLAN EARLY TO AVOID RUSHED DECISIONS.** All the reasons you were thinking of moving in the first place (mainly, health reasons connected with your age) are only going to get worse over time. Don't wait until the fall or the broken hip before you decide it's time to move. Figure out your options now while you still have more choices.

• **CONSULT PROFESSIONALS.** Ideally, there is a geriatric care manager near you who can meet with you, help you assess your current situation, and suggest whether there are things you can do (home modifications, caregiver programs) that can help you stay in your house safely for a while longer. If you need to move, they can also give you options for the best places to consider for your current situation. I often also refer my clients to the local ASAPs, Baypath Elder Services (Metrowest) or Elder Services of Cape Cod and the Islands (Martha's Vineyard and Nantucket) for additional guidance. Of course, the best place to start is probably your senior center.

• **FIGURE OUT THE COST - YOU MAY BE SURPRISED.** I can give you countless stories of clients who remained as is in their home because they assumed they could not afford to make the necessary home modifications or were convinced they could not afford to move. The cost of moving to an assisted living community may look really high until you compare it to the taxes, insurance, house maintenance, and food bills that you will be leaving behind. So actually do the numbers. The professionals to whom I referred above can help you do this.

• **DON'T RELY ON THE ADVICE YOU GOT AT DUNKIN DONUTS.** Friends and even family members may have gone through this, but their experience and knowledge of the real range of options will always be more limited than that of the professionals who actually help people with these issues for a living.

The bottom line, though, is simple. If you're worried about this, learn more and then do something.

If you want to learn more about this topic, check out my February seminar on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://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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**February 9, 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

## FINANCIAL TOPICS

DISCUSSIONS • PRESENTATIONS

Wednesday, February 16, 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

## CHOOSE KINDNESS

The Town of Ashland will join other communities across the nation to celebrate Kindness Week from February 13-19. Kindness Week seeks to make the world a kinder place by practicing kindness for ourselves and kindness for others.

We are launching the "Kindness Baskets" project. Please write any kind words you would like to share with the community or the world on the strips below to share your kindness and consideration. If you can cut them out and drop them off at the Ashland Senior Center, that would be great.

These paper strips will be paired with chocolate candies and tossed into our Kindness Baskets, so anyone can pick up a piece of chocolate and enjoy it with a kind word from their neighbor. The "kindness baskets" will be placed at public places including Community Center, Library, Police and Fire stations.

Oh, and by the way - **YOU ARE FULL OF WISDOM AND KNOWLEDGE! THANK YOU FOR BEING YOU!**



# EAT FRESH!

### 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.

## 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

## MARCH 2022 menu

March 7	Salisbury Steak w/Veggies and Potatoes
March 14	Chicken and Broccoli on Ziti
March 21	Stuffed Peppers
March 28	2Mauros