

Tool Town Senior News



Your COA Team

Cathy A. Savoy
Executive Director
Celeste Wehmeyer
Administrative Assistant
Marcia Berkall

Benefits Counselor
John (Oscar) Stepanian
Facility Maintenance
Lynn Price

Congregate Meal Site

Hours of Operation

Monday thru Thursday
8:00 am-3:00 pm

Contact Directory

(978) 249-8986
Fax (978) 575-0277
COA website:
atholcouncilonaging.org
Town of Athol website:
www.athol-ma.gov

Address

82 Freedom Street
Athol, MA 01331

Due to the observance of Indigenous Peoples Day and Columbus Day, the Senior Center is closed on Monday, October 9th.



Mini Health Fair

Thurs, Oct 19-10am-1pm

This is your chance to meet and talk with representatives from health insurance companies just in time for Medicare Open Enrollment Period. Also present will be representatives from Senior Medicare Patrol and local health and mental health organizations. Call us at 978-249-8986 for more information.

*Dear Friends,
I hope this note finds you well and managing the unsettled weather patterns we have experienced over the summer season! We were blessed with a clear and sunny day at the 15th annual NQ Senior Picnic recently held at Silver Lake Park under the Richard Phillips pavilion. We were serenaded with the great music of the Relics, the local duo of Brian and Lefty, sponsored by a local Cultural Council grant. The grills were managed by the Worcester County Sheriff's office with the food table served by COA dining staff, board of directors and volunteers. The Friends of the Council on Aging provided desert, while Quabbin Valley Healthcare donated the potato salad and last, but certainly not least, we appreciate the efforts of the Athol DPW for all their assistance. It took many volunteers to prepare, execute and breakdown the day's event and without their efforts, we wouldn't have had such a successful picnic! Thanks to all of you!*

There are many programs and events coming to the Senior Center over the next couple of months, so be sure to stay up to date with the monthly Newsletter. Wishing you a great month ahead and if you have any questions about the different assistance we provide here at the COA office, give us a call at 978-249-8986. Be well and safe! Cathy

Sean Fullerton Performance!



Sean Fullerton is a Massachusetts based solo Acoustic/Electric musician, singer/songwriter, recording engineer and producer with 28 years of professional experience, specializing in Blues, Soul, Rock 'n' Roll, Folk, Irish, and instrumental Classical and Fingerstyle Guitar...covers and originals...using a variety of guitars, harmonicas, and effects.

Following Sean's performance, there will be an Apple Cider Donut Social with beverages to enjoy. \$2 fee for Donut Social.

***When: Wed, October 25 at 1PM
Pease call 978-249-8986 to RSVP***



This program is sponsored by a grant from the Athol Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Technology Assistance



If you need any assistance with your cell phone, computer tablet, or your laptop computer, our college intern, Felicia, can help you navigate and/or troubleshoot your device. Please call 978-249-8986 for an appointment.

Medicare Open Enrollment Period

Insurance companies issue their new plans just before Open Enrollment Period, so this is your opportunity to review your current health plan to see what new options may be available to you, and make any changes if you desire. Call for an appointment with Marcia, our SHINE counselor at 978-249-8986



SENIOR TRANSPORTATION

If you are a resident of Athol, aged 60 and older, you may arrange for door to door transportation with **MART** (Montachusett Regional Transport Authority) by calling 978-575-9966. Transport is available between Athol and Orange to local shopping centers, Physician's offices, Athol Hospital, work, etc.

Reservations: In order to schedule your ride, call at least two days ahead to reserve. Rides are scheduled on a first come first serve basis. Fee: 50 cents one way

Additional MART Transportation

• **Fixed Route Transportation** operates every Monday through Saturday between Athol and Orange from Market Basket to Orange Innovation Center (covering Route 2A.) The Saturday route has later start times and ends earlier, so check a recent hard copy schedule to ensure accurate times.

• **Connecting Fixed Route Options** from Athol Hannaford to Wachusett Station and North Station are available.

• **Contact Mart** at 800-922-5636 for more information, fees, and schedule.

<http://www.martus/mart>



Montachusett Veterans

Van Transportation for Veterans. For more information call 978-632-9601

REGISTRY OF DEEDS & PROBATE COURT PRESENTATION



Join us in a dialogue about land ownership and how probate issues can legally affect what happens to your property. We will provide introductory information and give an overview about Deeds, Homestead Act, Trusts and Estates.

Where: Athol Senior Center

Wed, October 4, 2023 1:00pm – 2:30pm

FRIENDS OF THE COUNCIL ON AGING MEMBERSHIP DRIVE

Join the Friends Group and support the Athol Senior Center. Your annual dues of \$10.00 will help provide continuous funding for programs and services, as well as facility upgrades. Local seniors deserve a center to be proud of. Your membership donation will help us continue that pride. Membership forms can be picked up at the Senior Center.

Bonnie Hodgdon,
Membership Chairperson
Friends of the Council on Aging

North Quabbin Memory Café **Monday, October 2 • 10 AM - 12 PM**

We are excited to announce that the Athol Council on Aging and the Petersham Council on Aging have partnered to create a new initiative called the North Quabbin Memory Café.

This program will offer a monthly meeting place for individuals living with changes in their thinking or memory, mild cognitive impairment or dementia due to Alzheimer's disease or a related disorder. It will be a place to relax, have fun, and meet others along with their care partners.

Each month will feature a theme, activities for participants and care partners based on the interests of the group, a time for socializing and refreshments. The Café is free of charge and promotes inclusion for all.

Funded by LifePath, Inc, the Church Street Home Fund, and the Friends of the Council on Aging



All meetings listed below, start at 1pm. Please check with Club and/or Board Officers, as dates and times are subject to change.



Friends of the Council on Aging

Quarterly Meeting

October 12 - Public is welcome

Board of Director's Meetings

Nov 13

Dec 11

Annual 2024 Meeting

January 11th

Athol Golden Age Club



October 16th

November 20th-**12PM Potluck**

December 18th - **12PM Dinner**

COA Board Schedule

Wed Oct 18

Wed, Nov 15

Wed, Dec 20

COA Board meetings are open to the public, unless otherwise noted

Royal Rubies Schedule

Oct 31st

Nov 28th

December-Hiatus



Fuel Assistance Program



Application and recertification assistance is available by appointment at the Council on Aging. The program begins committing funds as of November 1st. To make an appointment to find out if you are eligible or to complete the application/recertification process, contact the office at 978-249-8986. Information is also available at fuelassistance@mocinc.org.

Council on Aging Board of Directors

Chair

Arthur Herk

Vice Chair

Walter Lehmann

Secretary

Deborah Miller

Board Members

Mare Hawthorne

Sam Kaczmarczyk

Jackie Paluilis

Jean Ryder

Ann Shea

Paul Mello

Friends of the Council on Aging

President

Diane Gurney

Vice President

Brent Winters

Treasurer

Marguerite Goulet

Secretary

Joyce Phinney

Directors

Bonnie Hodgdon

Gerald Lozier

Toni Phillips

Leonard Venett

Tom Williams

Non-Voting Members

Cathy Savoy

Ann Shea

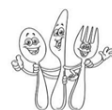
"You don't waste October sunshine. Soon the old autumn sun would bed down in cloud blankets, and there would be weeks of gray before it finally decided to snow."

— Katherine Arden

Senior Dining at Lynn's Luncheonette 12 noon • \$3 donation

If you would like to enjoy a nutritious and tasty lunch in the company of others, LifePath Inc. of Greenfield provides a **congregate lunch on Tuesdays and Wednesdays at the Athol Senior Center for those 60 and older/and or disabled.** Wednesday lunches feature, Lynn's popular "Mystery Dessert" surprise!

To reserve, sign up with Lynn one day ahead of the Tues or Wed you wish to dine, by calling 978-249-9001 before 9:30am.



Medical Needs

We occasionally have aluminum walkers, rollators, commodes, canes, crutches, etc. to lend out. If we do not have an item, we may be able to provide referrals to help you find what you need. To inquire, call 978-249-8986.

Meals on Wheels

LifePath Inc. of Greenfield provides home delivered meals to homebound seniors, age 60 and older and/or disabled, who are not able to prepare nutritious and balanced meals for themselves. To register, please call 1-800-732-4636.



SNAP FOR SENIORS (formerly known as Food Stamps)

SNAP is a Supplemental Nutrition Assistance Program. To see if you are eligible for benefits, call 978-249-8986 to make an appointment with Marcia, Benefits Coordinator at the Athol Senior Center.

Foot Screening with Mindy

Tues, October 31st

To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.



Tool Town Bingo!



- Doors open 12:30PM • BINGO starts at 1PM
- Regular, Special and Coveralls played
- Concession snacks & Daubers for sale

Remaining dates for 2023

October 3rd

October 17th

November 7th

November 21

December 5th

December 19th

For the New Year, BINGO will start on Jan 2nd.



Halloween Fun!



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

Haunting	Trick or Treat	Orbs
Ghost	Costumes	Spooky
Goblins	Cauldron	Vampire
Candy Corn	Zombie	Apparition
Cobwebs	Jack O Lantern	
Eye of Newt	Frankenstein	

<https://puzzlemaker.discoveryeducation.com>

Monthly Movie Thurs, Oct 26 • 1PM



"Three single women in a picturesque village have their wishes granted, at a cost, when a mysterious and flamboyant man arrives in their lives." Cast includes, Cher, Jack Nicholson, Michelle Pfeiffer, and Susan Sarandon.

Fitness Class with Debra

Have a blast moving and grooving at this fun and interactive class! Tuesdays and Thursdays from 9 am-10 am. Donations are welcome.



Yoga with Debra

Enjoy the health & wellness benefits of Chair Yoga at your own pace. Thursdays from 10:30 am-11:30 am. Donations are welcome.

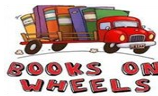


Blood Pressure Clinic & Health Counseling

Besides having your blood pressure monitored, speak with the Nurse about any health concerns you may have. Every 3rd Wednesday of the month from 11 am-12 pm. Appointments are not needed.

"The Library at Your Door"

This service is offered by the Athol Public Library to bring library materials to homebound Athol residents. For information, please call 978-249-9515. www.athollibrary.org—info@athollibrary.org



CANASTA! Tuesdays at 1pm

If you love **card playing** and are looking to join a nice group of people, come join us at Canasta. This group plays for fun and if you are a bit "rusty" at first, feel free to observe and get tutored by your fellow players.

Please see the following dates for the remainder of the year. Dates and times are subject to change.

*Oct 10 *Oct 24 *Nov 14 *Nov 28 *Dec 12



Tool Town Artisans

Painting Classes with Polly: Mondays 1pm-3pm

Quilters: Wednesdays 9am

Wood Carving with Marcia: Tuesdays 12:30pm-2:30pm

Brown Bag Program

Brown Bags are distributed on the 3rd

Wednesday of each month from 12:00 pm-1:00 pm at the Athol Senior Center. To see if you qualify for this program, speak with Marcia, Benefits Coordinator at the Athol Senior Center by calling 978-249-8986.



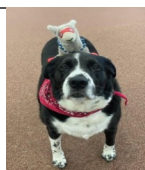
Card Players



- Cribbage for Fun:
Every Monday 12 pm
- Pitch for Prizes:
Every Tuesday 10am
- Canasta for Fun:
Every 2nd & 4th Tues 1pm

Where is Fred?

Fred's miniature version is hidden among the newsletter pages, so have fun looking for our furry friend.



MassHealth Savings Account/Senior Buy-in (QMB). With MassHealth's recent and ongoing recertification process, many people are finding they will no longer be eligible for MassHealth Standard. The Medicare Savings Account, or Senior Buy-in can help.

Eligibility: *Maximum monthly income:

Single \$2309 Couple \$3123

*There is no asset limit

Benefits:

*Covers Medicare A & B premiums, deductibles, and co-insurance

*Automatically receive Extra Help with prescription costs

Providers cannot, by law, bill patients with Qualified Medical Beneficiary for cost sharing. Call 978-249-8986 for info or to make an Appt.

SHINE Program (Serving the Health Insurance Needs of Everyone)

This program provides free health insurance information and counseling to all residents of Massachusetts.

To make an appointment with Benefits Counselor, Marcia, call 978-249-8986.



For your appointment date, please bring your Medicare card and a list of your prescription medications.

MassHealth Recertification



With the end of the Pandemic Emergency, MassHealth is now going through a recertification process. If they have all the information they need, you will be automatically renewed. If they need more information, you will receive a BLUE envelope with a renewal application. It is important that you return the application within the time frame requested. If you need assistance with the renewal process, call us at 978-249-8986 to make an appointment.

Mah Jongg Tile Game



Wednesdays 12:45pm-3:15pm

Mah Jongg can help improve a person's memory skills and sharpen the mind. It helps people to make faster decisions and better observations, and also forces players to think on different spectrums. If you have never played, you may request a lesson(s) from one of the seasoned players and/or observe to learn the game.