

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

The Senior Center will be closed for a Winter Break from Monday, December 25th through Monday, January 1st. We will re-open on Tuesday, January 2nd.



Christmas Dinner Program for Elders

Enjoy a ham dinner with all the fixings. Christmas staff and volunteers will be cooking and delivering a delicious dinner to your home on **Christmas Day**.

Delivery by reservation only-Deadline to reserve is Wednesday, December 20th
Call the Council on Aging office at 978-249-8986 to sign up.

Sponsored by the Athol Council on Aging - From our Kitchen to Your Home



Robo Calls

In the event that programming/events may be canceled, we are able to send automated notifications from our calling center to you. In order for the system to work efficiently and to ensure you receive messages, please note the following.

- Your caller ID will indicate the call originates from Belmont, MA
- Answering machine and/or voice mail on cell phones must be set up
- Please do not hang up, otherwise the message will not record
- If you change phone numbers, kindly update the office

Specialized Telephones for People with Disabilities

The State 911 Department would like to make you aware of an exciting program that could greatly benefit you or members of your family. This program is the Massachusetts Equipment Distribution Program or more commonly referred to as MassEDP.

MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due issues such as hearing loss or vision loss.

The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level.

For additional information, please inquire at the office for information and contacts.



Join us as we celebrate the magic of the season on Wednesday, December 13th, at the Senior Center. At the time of this newsletter printing, our team of Elves are busy planning a **FUN, FESTIVE** and **FABULOUS** event. **More details to follow very soon, so stay tuned for updates!**



With winter soon upon us, the Senior Center will adhere to the cancelation policies of the Athol School District, with regards to inclement weather.

In the event of school being canceled, activities and programming will be canceled at the Senior Center for the day.



<p><u>SENIOR TRANSPORTATION</u></p> <p>If you are a resident of Athol, aged 60 and older, you may arrange for <u>door to door transportation</u> 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.</p> <p>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</p> <p><u>Additional MART Transportation</u></p> <p>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.</p> <p>Connecting Fixed Route Options from Athol Hannaford to Wachusett Station and North Station are available.</p> <p>Contact Mart at 800-922-5636 for more information, fees, and schedule. http://www.martus/mart</p> <p><u>Montachusett Veterans</u></p> <p>Van Transportation for Veterans. For more information call 978-632-9601</p>	<p><u>FRIENDS OF THE COA</u></p> <p>We are the Friends, the Friends of the Athol Council on Aging. Much like personal friends who support one another, we are honored to support our elder community and local Senior Center. A non-profit organization, we have provided funding to build and renovate the Athol Senior Center and we are honored to continue that tradition of raising money and volunteering our time in support of our elder community and Senior Center activities/services.</p> <p>We encourage you to join us and become part of keeping the Senior Center a vital part of our community.</p> <p>Bonnie Hodgdon, Membership Chair</p>	<p><u>2024 Meetings</u></p> <p>All meetings listed below, start at 1pm. Please check with Club and/or Board Officers, as <u>dates and times</u> are subject to change.</p> <p><u>COA Board of Directors</u></p> <table border="0"> <tr> <td>Jan 17th</td> <td><u>Wednesday, Dec 20th is the last Board meeting for 2023.</u></td> </tr> <tr> <td>Feb 21st</td> <td><u>The Board of Directors meet on the third Wednesday of the month.</u></td> </tr> <tr> <td>March 20</td> <td><u>COA Board meetings are open to the public, unless otherwise noted.</u></td> </tr> <tr> <td>April 17</td> <td></td> </tr> <tr> <td>May 15</td> <td></td> </tr> <tr> <td>June 19</td> <td></td> </tr> <tr> <td>Sept 18</td> <td></td> </tr> <tr> <td>Oct 16</td> <td></td> </tr> <tr> <td>Nov 20</td> <td></td> </tr> <tr> <td>Dec 18</td> <td></td> </tr> </table> <p><u>Royal Rubies Schedule</u></p> <table border="0"> <tr> <td>Jan-No meeting</td> <td></td> </tr> <tr> <td>Feb-NO meeting</td> <td></td> </tr> <tr> <td>March 26</td> <td></td> </tr> <tr> <td>April 30</td> <td></td> </tr> <tr> <td>May 28</td> <td></td> </tr> <tr> <td>June 25</td> <td></td> </tr> <tr> <td>July-No meeting</td> <td></td> </tr> <tr> <td>Aug 27</td> <td></td> </tr> <tr> <td>Sept 24</td> <td></td> </tr> <tr> <td>Oct 29</td> <td></td> </tr> <tr> <td>Nov 26</td> <td></td> </tr> <tr> <td>Dec-NO meeting</td> <td></td> </tr> </table> <p><u>Meetings are on Tuesdays</u></p> <p><u>Athol Golden Age Club</u></p> <table border="0"> <tr> <td>February 26 - 4th Monday</td> <td></td> </tr> <tr> <td>March 18</td> <td></td> </tr> <tr> <td>April 22 - 4th Monday</td> <td></td> </tr> <tr> <td>May 20</td> <td></td> </tr> <tr> <td>June 17</td> <td></td> </tr> <tr> <td>July 15</td> <td></td> </tr> <tr> <td>September 16</td> <td></td> </tr> <tr> <td>October 21</td> <td></td> </tr> <tr> <td>November 18</td> <td></td> </tr> <tr> <td>December 16</td> <td></td> </tr> </table> <p><u>Meetings are on Mondays</u></p>	Jan 17th	<u>Wednesday, Dec 20th is the last Board meeting for 2023.</u>	Feb 21st	<u>The Board of Directors meet on the third Wednesday of the month.</u>	March 20	<u>COA Board meetings are open to the public, unless otherwise noted.</u>	April 17		May 15		June 19		Sept 18		Oct 16		Nov 20		Dec 18		Jan-No meeting		Feb-NO meeting		March 26		April 30		May 28		June 25		July-No meeting		Aug 27		Sept 24		Oct 29		Nov 26		Dec-NO meeting		February 26 - 4th Monday		March 18		April 22 - 4th Monday		May 20		June 17		July 15		September 16		October 21		November 18		December 16	
Jan 17th	<u>Wednesday, Dec 20th is the last Board meeting for 2023.</u>																																																																	
Feb 21st	<u>The Board of Directors meet on the third Wednesday of the month.</u>																																																																	
March 20	<u>COA Board meetings are open to the public, unless otherwise noted.</u>																																																																	
April 17																																																																		
May 15																																																																		
June 19																																																																		
Sept 18																																																																		
Oct 16																																																																		
Nov 20																																																																		
Dec 18																																																																		
Jan-No meeting																																																																		
Feb-NO meeting																																																																		
March 26																																																																		
April 30																																																																		
May 28																																																																		
June 25																																																																		
July-No meeting																																																																		
Aug 27																																																																		
Sept 24																																																																		
Oct 29																																																																		
Nov 26																																																																		
Dec-NO meeting																																																																		
February 26 - 4th Monday																																																																		
March 18																																																																		
April 22 - 4th Monday																																																																		
May 20																																																																		
June 17																																																																		
July 15																																																																		
September 16																																																																		
October 21																																																																		
November 18																																																																		
December 16																																																																		
<p><u>North Quabbin Memory Café</u> Monday, Dec 4th • 10 AM - 12 PM</p> <p>We are excited to announce that the Athol Council on Aging and the Petersham Council on Aging have partnered to <u>create a new initiative called the North Quabbin Memory Café</u>.</p> <p>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.</p> <p>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.</p> <p><u>Funded by LifePath, Inc, the Church Street Home Fund, and the Friends of the Council on Aging</u></p>	 <p>We are the Friends, the Friends of the Athol Council on Aging. Much like personal friends who support one another, we are honored to support our elder community and local Senior Center. A non-profit organization, we have provided funding to build and renovate the Athol Senior Center and we are honored to continue that tradition of raising money and volunteering our time in support of our elder community and Senior Center activities/services.</p> <p>We encourage you to join us and become part of keeping the Senior Center a vital part of our community.</p> <p>Bonnie Hodgdon, Membership Chair</p>	 <p><u>Meetings are on Mondays</u></p> <p><u>Athol Golden Age Club</u></p> <table border="0"> <tr> <td>February 26 - 4th Monday</td> <td></td> </tr> <tr> <td>March 18</td> <td></td> </tr> <tr> <td>April 22 - 4th Monday</td> <td></td> </tr> <tr> <td>May 20</td> <td></td> </tr> <tr> <td>June 17</td> <td></td> </tr> <tr> <td>July 15</td> <td></td> </tr> <tr> <td>September 16</td> <td></td> </tr> <tr> <td>October 21</td> <td></td> </tr> <tr> <td>November 18</td> <td></td> </tr> <tr> <td>December 16</td> <td></td> </tr> </table> <p><u>Meetings are on Mondays</u></p>	February 26 - 4th Monday		March 18		April 22 - 4th Monday		May 20		June 17		July 15		September 16		October 21		November 18		December 16																																													
February 26 - 4th Monday																																																																		
March 18																																																																		
April 22 - 4th Monday																																																																		
May 20																																																																		
June 17																																																																		
July 15																																																																		
September 16																																																																		
October 21																																																																		
November 18																																																																		
December 16																																																																		

<u>Council on Aging</u> <u>Board of Directors</u> <u>Chair</u> Arthur Herk <u>Vice Chair</u> Walter Lehmann <u>Secretary</u> Deborah Miller	<p>Senior Dining at Lynn's Luncheonette 12 noon • \$3 donation</p> <p>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!</p> <p>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.</p>
<u>Board Members</u> Mare Hawthorne Sam Kaczmarczyk Jackie Paluilis Jean Ryder Ann Shea Paul Mello	<p>Medical Needs</p> <p>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.</p> <p>Meals on Wheels</p> <p>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.</p>
<u>Friends of the Council on Aging</u> <u>President</u> Diane Gurney <u>Vice President</u> Brent Winters <u>Treasurer</u> Marguerite Goulet <u>Secretary</u> Joyce Phinney	<p>SNAP FOR SENIORS (formerly known as Food Stamps)</p> <p>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.</p> <p>Foot Screening with Mindy</p> <p>Tues, December 19th</p> <p>To make an appointment and for more information on this popular service, call the Senior Center at 978-249-8986.</p>
<u>Directors</u> Bonnie Hodgdon Gerald Lozier Toni Phillips Leonard Venett Tom Williams <u>Non-Voting Members</u> Cathy Savoy Ann Shea	<p>Tool Town Bingo!</p> <p>•Doors open 12:30PM • BINGO starts at 1PM •Regular, Special and Coveralls played •Concession snacks & Daubers for sale</p> <p>Remaining dates for 2023</p> <p>December 5th December 19th-Christmas BINGO!</p> <p>Even the Grinch loves BINGO, so don't miss Christmas BINGO</p> <p>For the New Year, BINGO will start on Jan 2nd.</p> <p>1st & 3rd Tuesdays of the month</p>

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.

CANASTA!

2nd and 4th Tuesdays of the month - 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.

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

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.



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.

Fuel Assistance Program



About Fuel Assistance (LIHEAP)

The Massachusetts' home energy assistance program (LIHEAP) is a free resource, offered by Making Opportunity Count (MOC) in partnership with the Department of Housing and Community Development, to help eligible households pay a portion of winter heating bills. The program begins committing funds as of November 1st, 2023.

•New applications for the 2023-2024 season will be accepted starting November 1, 2023 through April 30, 2024.

•Application and recertification assistance is available by appointment at the Council on Aging. To make an appointment to find out if you are eligible or to complete the application/recertification process, contact the senior center office at 978-249-8986.

•To Reach the Fuel Assistance office in Leominster, Mass, call 978-342-4520

•Given the number of applications received, it can take a considerable amount of time for applications to be processed. Please be patient.