

## 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](http://atholcouncilonaging.org)  
Town of Athol website:  
[www.athol-ma.gov](http://www.athol-ma.gov)

### Address

82 Freedom Street  
Athol, MA 01331



## 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!**

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.



With winter soon upon us, the Senior Center will adhere to the cancellation 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.



## 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

## FRIENDS OF THE COA

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.

We encourage you to join us and become part of keeping the Senior Center a vital part of our community.

**Bonnie Hodgdon, Membership Chair**

### Friends of the Athol COA Schedule

#### **Board of Directors Meeting**

Monday, December 11

#### **Annual 2024 Meeting**

Thursday, January 11

\*Complete schedule will be announced in the following newsletter

What did one Christmas tree say to another? Lighten up!

~Woman's Day



## 2024 Meetings



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



### COA Board of Directors

Jan 17th  
Feb 21st  
March 20  
April 17  
May 15  
June 19  
Sept 18  
Oct 16  
Nov 20  
Dec 18

**Wednesday, Dec 20th is the last Board meeting for 2023.**

**The Board of Directors meet on the third Wednesday of the month.  
COA Board meetings are open to the public, unless otherwise noted.**

### Royal Rubies Schedule

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



**Meetings are on Tuesdays**

### Athol Golden Age Club

February 26 - 4th Monday  
March 18  
April 22 - 4th Monday  
May 20  
June 17  
July 15  
September 16  
October 21  
November 18  
December 16

**Meetings are on Mondays**

## North Quabbin Memory Café Monday, Dec 4th • 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**

## 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

Even the  
Grinch loves  
BINGO, so  
don't miss  
Christmas BINGO



## 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, December 19th**

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

December 5th

December 19th-Christmas BINGO!

1st & 3rd  
Tuesdays of the  
month

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

## "Tis the Season

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

CHRISTMAS

HANUKKAH

MANGER

KWANZAA

MENORAH

PUNCH BOWL

EGG NOG

DONDER

RIBBONS

CHIMNEY

GATHERING

SPIRIT

GOODWILL

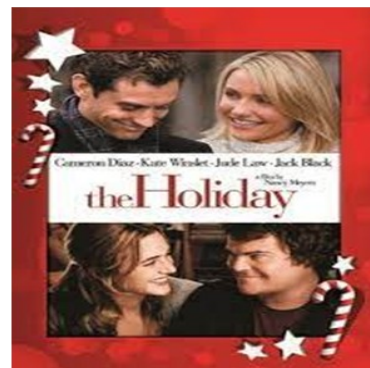
HOPE

CAROLING



<https://puzzlemaker.discoveryeducation.com>

## Monthly Movie Thurs, Dec 14th • 1PM





### **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 3<sup>rd</sup> 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 3<sup>rd</sup> 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

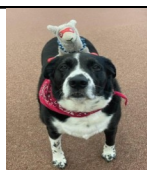
### **Mah Jongg Tile Game**      **Wednesdays 12:45pm-3:15pm**

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.