

# Sixty Plus News

Vol 42 Number 2 February 2015

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**MISSION STATEMENT:** *The Townsend Council on Aging is committed to the continued growth and well being of our senior citizens by providing programs, education, information and referral services with a goal of helping seniors achieve the best quality of life possible.*

## From the Desk of the Director

LOVE...

I'm not sure when it first occurred to me, but I am one of those people who wonders why there has to be a specific day dedicated to celebrating Love. After all, shouldn't we constantly let those we love know we care? I've experienced relationships where Valentine's Day was celebrated with over-the-top meals and roses and champagne as well as relationships where it was agreed upon that Valentine's Day was made up by Hallmark and Russell Stover to point out those who don't have those who care enough to give cards and chocolates. Having been on that end of the spectrum and witnessing friends suffer through it, I will admit Valentine's is not my favorite holiday. So how can I balance and justify its celebration? This year I choose to focus on the love I have found here at the Townsend Senior Center. Daily I see how people care for one another here and listen the stories of years spent together and building friendships in the old store front on Main Street that have stood the test of time. I'm reminded that love is a fragile thing that manifests itself in many ways. Allow yourself to feel how it seeps through your being and leaves a twinkle in your eye and a smile on your lips. Treasure love when you have it and lock its memories in a special place to call on when you need them. The true meaning of life is to love and be loved; this I wish for you all.

There are new things going on at the Senior Center. Dive into the newsletter and discover them or simply come on in. It's always good to see you!

*Karin Canfield Moore*

## Valentine's Day Party

We will celebrate Valentine's Day on February 9th with a party featuring "Music Is Love" an ensemble with Dick Miller and Dawn Kelley. The program consists of some of your favorite music and some magic. Light refreshments will be served. Please sign up by February 6th. A sign up sheet for refreshments will also be available. Thank you for your contributions. 978-597-1710

## SPECIAL EVENING PROGRAM

Compassionate Care Hospice will present a program entitled "A Virtual Alzheimer's Tour" on Tuesday evening, February 17th at 6:30 PM. Caregivers are welcome to attend this informative meeting. Please sign up at the senior center or call 978-597-1710. **We hope to have more evening programs in the near future.**

**This Newsletter is on the Senior Center website at [www.townsend.ma.us/seniors](http://www.townsend.ma.us/seniors)**

## Townsend Council on Aging

Townsend Senior Center  
16 Dudley Road  
Townsend, MA 01469

Mon.-Thurs. 9:00-3:00  
Fri. 9-2  
(978) 597-1710

Karin Canfield Moore, Director  
Linda Salisbury, Program Coord.  
Donna Fenton, Kitchen Manager/  
Volunteer Coord.  
Donna Howard, Lead Van Driver

## NEW PROGRAM....

We are offering Massage with Abby Foster, Certified Massage Therapist. A 30 minute session is \$20.00. You must sign up in advance for an appointment. It will be held on February 3rd and 24th.

## BOOK CLUB

Book Club meets the first Wednesday of every month but **will not** meet in February. There are no fees and you do not need to sign up in advance. Just drop in. Books for the club are usually available for pick up at the Townsend Public Library. The next selection is "Three Cups of Tea" by Greg Mortenson and David Oliver Relin which will be discussed in March.



**Qi Gong Fitness classes with Jeff Cote are held on Mondays at 12:30 PM. Cost is \$5.00 per session, payable weekly. Just drop in.**

Gentle Yoga will not be held on February 5, 12, or 19. Resumes February 26th.

## Games...Games...Games...

Join us at 1:00 PM for **Rummikub** on Mondays, and on Tuesdays we play **Scrabble** also at 1:00 PM. If you've never played before someone will be happy to teach you.

**Cribbage** is held on Thursdays at 1:00 PM.

## Road Runner Service

We will now be providing bus service to the Senior Center every day from Atwood Acres and Townsend Woods. Cost is \$.50 round trip.



**Hope Community Chorus meets Mondays at 11:00 AM in the Meeting Hall. New members always welcome. Just drop in.**

## Services Offered...

We are offering manicures, pedicures and reflexology. Reflexology is a gentle, alternative and non-invasive treatment that is extremely beneficial as it encourages and helps the body heal naturally. Reflexology is the application of pressure by the fingers and thumbs to specific areas and points located in the feet, hands and even ears to bring about the release of stress and improve blood circulation, lymph flow and endorphin release. It is very relaxing.

We will be offering appointments on February 6, 20, and 27. Each procedure takes about 30 minutes and you can sign up for any one or all of the services.

Call the Senior Center for more information.

Manicure with massage: \$15.00

Pedicure with massage: \$20.00

Reflexology: \$20.00 1/2 hour

Other services are available.



## SPECIAL BINGO PROGRAM & SPEAKER....

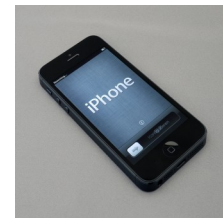
On Monday, February 23rd at 12:45 a representative from Navicare will be here for a special **Bingo** program with prizes and light refreshments

Highlighted will be information about the benefits of Navicare insurance for those over 65 who have MassHealth Standard or may be clinically frail.

## "iClass"

Alex Moore and Aidan Canfield will be conducting an "iClass" for those who want to learn how to best use their iProducts, tablets, smart phones etc. It will be held on February 26th from 1:00-3:00 PM.

Please sign up for a scheduled time slot.



**TOWNSEND ECUMENICAL OUTREACH  
FOOD ASSISTANCE PROGRAM**

TEO is our local food assistance program for those Townsend residents needing a helping hand. Did you know that TEO has a monthly food distribution program? It is held on the 3rd Saturday of each month. To apply for assistance, call Laurie at 978-597-2549 and she will send you an application.

**Thank you**

Special thanks to **Stewart's Florist** for providing the carnations for our Birthday Party each month. Thank you to **Hannaford Market** for the donations of baked goods every Monday and Wednesday.

**Genealogy Club with Dwight Fitch will be held in Meeting Hall B on February 13th at 10:30 AM. Join anytime, no need to sign up. No Charge.**

**Our SHINE Counselor, Ann, will be at the Senior Center on Monday, February 9th. Please call Karin to schedule an appointment.**

**Drop-in Programs...No need to Register in Advance.**

Qi Gong, Chair Exercise, Rummikub, Grief Support Group, Bingo, Cribbage, Birthday Party, Line Dancing, Genealogy, Scrabble, Book Club, Gentle Yoga, Women's Meditation, Hand & Foot Cards.

**Please check the calendar for dates and times for these programs.**

**FOR YOUR HEALTH....**

**Well Adult Clinic** ....Wednesday, **February 4th** from 1:00-3:00. Drop in. No Charge.

**Blood Sugar Screening on March 4th.**

**Hearing Clinic**...Wednesday, **February 18th.** Schedule an appointment between 10:00 AM– 12:00PM. No Charge.

**Reflexology**... 1st, 3rd, and 4th Fridays of every month.

**Massage** ... Tuesdays, **February 3rd and 24th.** Sign up in advance. 30 minutes for \$20.00.

**Dental Clinic**... **February 19th** from 9:00-12:00. Please call for an appointment. \$53.00 or less if income eligible.

**Thursday Cribbage Program**

December 18: Joe Bolduc and Louise Thorpe:359  
High Hand: Peter Salisbury: 24

January 8: Louise Thorpe & Roland Forest: 361  
High Hand: Pauline Bolduc: 21

January 15:Joe Bolduc & Angelo Vettese: 354  
High Hand: Angelo Vettese: 20



**Join our Walking Club...** with John D'Angelillo for a walk around the senior center, library and school grounds. Meet at the Senior Center at 9:30 every Tuesday morning weather permitting.

**MOVIES AND PIZZA...** back by popular demand. Every other Friday we will show a movie and have a pizza lunch at noon. Please arrive at 11:45 to order your pizza. Cost per slice: \$2.50. Please bring your own beverage.

Please call 978-597-1710 if you are living alone and would like a weekly phone call to check in on you.



**Reading Group**...We have people who spend time reading to Ed West. They meet at the Senior Center on Tuesdays at 11:00.

If you would like the newsletter mailed to your home. Please send us or drop by with \$5.00 for a year of issues and your complete address.

**If you would like to join in, please drop by any Tuesday morning.**

"Enjoy the little things in life, for one day you may look back and realize they were the big things."

## ROAD RUNNER BUS SCHEDULE

**MONDAYS:** IN TOWN-SENIOR CENTER; PHARMACIES; BANKS; HARBOR MALL:  
TOWNSEND DOCTOR/ DENTISTS; HAIRDRESSERS/BARBER; ETC.

**TUESDAYS:** SENIOR CENTER, SHOPPING DAY: WALMART (LUNENBURG); DOLLAR TREE; MARKET  
BASKET; SENIOR CENTER

**WEDNESDAYS:** IN TOWN-SENIOR CENTER; PHARMACIES; BANKS; HARBOR MALL; TOWNSEND DOCTORS/  
DENTISTS; HAIRDRESSERS/BARBER; ETC.

**THURSDAYS:** SENIOR CENTER, MEDICAL TRIPS TO PEPPERELL; GROTON; AYER; SENIOR CENTER

**FRIDAYS:** SENIOR CENTER, MEDICAL TRIPS TO FITCHBURG; LEOMINSTER; LUNENBURG

MAKE MEDICAL APPOINTMENTS BETWEEN THE HOURS OF 9:30 AND 11:00 A.M.

**FARES: \$1.25 ONE WAY** WITHIN TOWNSEND; **BUS CARD \$22.50** Pay for nine rides, get one free.

**\$.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods**

**\$1.75 ONE WAY** OUTSIDE TOWNSEND; **BUS CARD \$31.50** Pay for nine rides, get one free.

**See Page 2 for exciting information on service from Atwood Acres and Townsend Woods.**

## Birthday Party

- Join us at 1:00 PM on February 19th for cake and ice cream to celebrate February birthdays . Everyone is welcome, no matter when your birthday is. Carnations, donated by Stewart's Florist, will be given to those with a birthday in February.

## IMPORTANT NOTICE....

Reservations **are a must** for those wishing to attend the Senior Lunch Program on Mondays or Wednesdays. Call by 10:00 a.m. Tuesday for Wednesday's lunch and by 10:00 a.m. Friday for the following Monday lunch. Suggested donation \$2.25. The number to call is 978-597-1710. Thank you for your co-operation.

**ALTERNATIVE COLD LUNCH... *Choice Meals*** are available on **Wednesdays only**, at the MOC Lunch program. If you wish to have one of these meals which is a cold meal alternative, you must call in your reservation by the Monday before, by 10:00 AM. These meals will not come in bulk, so if only 4 ordered **Choice Meals**, only 4 will be delivered. A menu of the **Choice Meals** for each month will be available at the Reception desk

**NOTE:** In case of Monday holidays, call in the Friday before.

**OUR HOMEMADE LUNCHES** prepared by Donna Fenton and her volunteers are held on the first three Thursdays of each month. Call by 10:00 AM on the Wednesday before the lunch you wish to attend. Suggested donation \$3.00. Menus for all of our lunches can be found on the calendar page of this newsletter.

**SIGN UP IN ADVANCE IS ABSOLUTELY NECESSARY FOR OUR LUNCHES.**

**HANDY MAN SERVICE...** If you need help with minor repairs (i.e. changing light bulbs, repair lamps etc.) call the Senior Center and someone will be sent out to help. 978-597-1710

## FEBRUARY ARTS & CRAFTS

**Jewelry** with P.J. is held on the first and third Tuesdays of the month at 10:00 AM. Cost per class \$5.00 plus supplies.

**Advanced Watercolor** continues through February on Thursdays from 10:00 AM-12:00 PM

**Beginning Watercolor Part 2** continues through February on Wednesdays from 10:00 AM-12:00PM.

**Painting with Colored Pencil** will be held on Monday, February 23rd and Monday, March 2nd from 1:00-3:00 PM. Cost is \$4.00 for supplies.

Diane will have a class to create a **Needle Felted Landscape** on Tuesday, February 17th at 9:30AM . Cost \$4.00.

Linda will teach a class on making **Polymer Clay Beads** on Tuesdays, February 10th and 17th from 1:00-3:00 PM. Cost is \$5.00 and beads will be made into a necklace during the second class.

# February 2015 Greetings From the Friends of the Townsend Seniors

**Monday, February 2nd ~** The monthly meetings are the 1st Monday of each month- 4:00 pm at Memorial Hall on Main Street. President Russ Moore says members are always invited .

**Friday, February 20th 7pm, Friends' "Meat Bingo" Fund Raiser with prizes,prizes prizes! ~** Russ Moore says,"*Come One, Come All*" .The Friends are hosting a "Meat Bingo" at the VFW, Main Street, West Townsend.....7:00-8:30 pm on Friday, February 20th. Come and socialize, enjoy free appetizers, and try your luck at "Bingo" for prizes of prime fresh cuts of meat, cash prizes, and door prizes! For more information about this first-time ever Fun(d) Raiser for the Friends, please call Russ at 1-978-808-7301.

**Save the Date Thursday, March 12th is the next Foxwoods Trip ~** The cost is \$28 per person, with reservations paid in advance. We'll leave the Senior Center at 8:15am and return about 6pm. Everyone will receive coupons for 'free play' and the buffet lunch. This popular trip is open to all adult residents of Townsend plus the surrounding towns~ come along and invite your friends! Sign up at the Senior Center (978-597-1710) or call Avis Roy at 978-597-6829.

**Membership in the Friends of the Townsend Seniors** Your Membership is very important....you are the heart of the Friends! Because of your interest and membership support, the Friends in 2014 were able to host the annual January lunch, the September Lobster/Chicken bake, and the October William E. May Dinner. We supported the Thursday lunch program, the wonderful Hope Community Chorus, and Thursday Bingo. Here we are in 2015. As "we go to press", we're ready to host on Saturday, January 24th, a wonderful Senior Appreciation January lunch!

Members of the Friends come from all age groups, and you don't have to be a Townsend resident to join. All you need is an interest in the doings of the Friends and a desire to support its activities. Membership Chairman, Peter Buxton, sends out a big "thank you" to all who have already renewed or have become a new member!

2015 Friends of the Townsend Seniors Membership RENEWAL NEW MEMBER

\_\_\_\_\_ \$5.00 Friend \_\_\_\_\_ \$10.00 Family \_\_\_\_\_ \$25.00 Benefactor

\$\_\_\_\_\_ Supporter (any amount) \_\_\_\_\_ \$100.00 Lifetime Membership (Individual or Family)

Ways I am interested in contributing my time: \_\_\_\_\_Phoning \_\_\_\_\_Program  
Development \_\_\_\_\_Fund Raising

\_\_\_\_\_ Food (Prepare a main dish or dessert for an Event or Fund Raiser)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE :Home \_\_\_\_\_ Cell \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Checks payable to: Friends of the Townsend Seniors. Please return to the Senior Center, or Mail to: Friends of the Townsend Seniors attn: Membership, P.O. Box 972, Townsend MA 01469. Thank you for your continued support.

**FEBRUARY 2015**  
**Townsend Senior Center Events**  
**Senior Center Hours:**  
**Monday-Thursday 9:00-3:00**  
**Friday 9:00-2:00**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

|   |  |  |   |  |
|---|--|--|---|--|
|   |  |  |   |  |
| <b>2</b><br>10:00 Chair Exercise<br>11:00 Chorus<br>12:00 Roast Turkey<br>12:30 Qi Gong<br>1:00 Rummikub<br>1:15 Healthy Eating   | <b>3</b><br>9:30 Walking Club<br>10:00 Massage<br>10:00 Stretch & Tone<br>10:00 Jewelry<br>11:00 Reading w/ Ed<br>1:00 Scrabble  | <b>4</b><br>10:00 Chair Exercise<br>10:00 Watercolor<br>12:00 Salisbury Steak<br>12:30 Woodcarving<br>1:00 Well Adult Clinic<br>1:00 Bingo<br>1:00 Book Club | <b>5</b><br>10:00 Stretch & Tone<br>10:00 Watercolor<br>12:00 Chicken Cacciatore<br>1:00 Cribbage                                     | <b>6</b><br>9:00 Manicures/Pedicures<br>Reflexology<br>10:00 Chair Exercise<br>10:00 Line Dancing<br>11:00 Women's<br>Meditation<br>12:00 Movie Matinee  |
| <b>9</b><br>10:00 Chair Exercise<br>11:00 Chorus<br>12:00 SHINE by Appt.<br>12:00 Chicken Stew<br>12:30 Qi Gong<br>1:00 Valentine Party<br>1:00 Rummikub<br>1:15 Healthy Eating         | <b>10</b><br>9:30 Walking Club<br>10:00 Stretch &<br>Tone<br>11:00 Reading w/ Ed<br>1:00 Scrabble<br>1:00 Polymer Clay<br>Beads  | <b>11</b><br>10:00 Chair Exercise<br>10:00 Watercolor<br>12:00 Chicken w/<br>Gravy<br>12:30 Woodcarving<br>1:00 Bingo  | <b>12</b><br>10:00 Stretch & Tone<br>10:00 Watercolor<br>12:00 Mac & Cheese/<br>Tomato Soup<br>1:00 Cribbage                          | <b>13</b><br>10:00 Chair Exercise<br>10:00 Line Dancing<br>10:30 Genealogy<br>11:00 Women's<br>Meditation  |
| <b>16</b><br><b>SENIOR<br/>           CENTER<br/>           CLOSED</b><br><br><b>PRESIDENT'S DAY</b>  | <b>17</b><br>9:30 Walking Club<br>9:30 Needle felting<br>10:00 Stretch & Tone<br>10:00 Jewelry<br>11:00 Reading w/ Ed<br>1:00 Polymer Clay<br>1:00 Scrabble<br>1:00 Grief Support<br>Drop-in<br>6:30 Alzheimers Talk | <b>18</b><br>10:00 Hearing Clinic<br>10:00 Chair Exercise<br>10:00 Watercolor<br>12:00 Fish Sticks/<br>Mac & Cheese<br>12:30 Woodcarving<br>1:00 Bingo       | <b>19</b><br>9:00 Dental Clinic<br>10:00 Watercolor<br>10:00 Stretch & Tone<br>12:00 Meatloaf<br>1:00 Cribbage<br>1:00 Birthday Party | <b>20</b><br>9:00 Manicures/Pedicures<br>Reflexology<br>10:00 Chair Exercise<br>10:00 Line Dancing<br>11:00 Women's<br>Meditation<br>12:00 Movie Matinee |
| <b>23</b><br>10:00 Chair Exercise<br>11:00 Chorus<br>12:00 Chicken<br>Tarragon<br>12:30 Qi Gong<br>12:45 Bingo & Speaker<br>1:00 Colored Pencil<br>1:00 Rummikub<br>1:15 Healthy Eating | <b>24</b><br>9:30 Walking Club<br>10:00 Stretch & Tone<br>10:00 Massage by<br>Appt.<br>11:00 Reading w/ Ed<br>12:00 Nashoba Tech<br>Lunch<br>1:00 Scrabble   | <b>25</b><br>10:00 Chair Exercise<br>10:00 Watercolor<br>12:00 Kielbasa/<br>Baked Beans<br>12:30 Woodcarving<br>1:00 Bingo                                   | <b>26</b><br>10:00 Watercolor<br>10:00 Stretch & Tone<br>1:00 Cribbage<br>1:00 "I class" by Appt.<br>1:30 Gentle Yoga                 | <b>27</b><br>9:00 Manicures/Pedicures<br>Reflexology<br>10:00 Chair Exercise<br>10:00 Line Dancing<br>11:00 Women's<br>Meditation                        |
| <b>March 2</b><br>10:00 Chair Exercise<br>11:00 Chorus<br>12:00 Lunch<br>12:30 Qi Gong<br>1:00 Colored Pencil<br>1:00 Rummikub<br>1:15 Healthy Eating                                   | <b>3</b><br>9:30 Walking Club<br>10:00 Stretch & Tone<br>10:00 Massage<br>11:00 Reading w/ Ed<br>1:00 Scrabble   | <b>4</b><br>10:00 Chair Exercise<br>12:00 Lunch<br>12:30 Woodcarving<br>1:00 Bingo   | <b>Senior Center</b><br><b>978-597-1710</b><br><b>Roadrunner</b><br><b>978-597-1730</b>   |  |

## Nashoba Tech Lunch

Our February lunch catered by Chef Steve Whiting and his Culinary students will be held on February 24th at noon. Menu is Baked Stuffed Haddock or Chicken Marsala. Full course meal including dessert and coffee is \$10.00 . Gratuities on that day benefit the students' year end trip. You must purchase a ticket in advance by February 19th to attend. Hope to see you there!

## TAX PREPARATION

Volunteers from AARP will be here on February 3, 10 and 17 to assist with your tax returns. Please call Karin to schedule an appointment. 978-597-1710.

## *News from SHINE February 2015*

### ***Help!..My new Part D Plan doesn't cover all my Medications!!”***

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary *OR* that has restrictions (prior authorization or step therapy).

It is important to understand that a **transition refill is only a temporary solution**. You need to call your doctor right away to talk about switching to a drug your plan does cover *OR* filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

**A transition refill is not for new prescriptions.** You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan).

If you are in the **same** plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2014 from its 2015 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

### **“SHINE’S MEDICARE AND MORE” PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

### **CENTRAL MASS SHINE WEBSITE**

The Central Mass Region has recently launched its website. You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine,leave your name and number. A volunteer will call you back. You can now visit us on the internet at [shinema.org](http://shinema.org)**