



# Senior Sentinel

May 2015

The Newsletter of the Templeton Council on Aging  
Senior Community Center & Food Pantry

1-978-894-2780

135 Patriots Road, PO Box 244, East Templeton MA, 01438

## Message From Dianna

April showers bring May flowers. Bring it on! We certainly deserve some May flowers and a lot of sunshine. I would like to take a moment to say "THANK YOU" to those of you who have read in my column that the food pantry depends on monetary donations to purchase food during this time of year. We have received several donations in the last month which has tremendously helped the pantry. The people of Templeton certainly know how to take care of their own and I love that about the town I live in.

From this point on, when making donations, it has been requested by the bank the town does business with, that all checks are made payable to: The Town of Templeton. Any checks written to the Council on Aging, the Templeton Food Pantry or in any other fashion will result in the bank rejecting our deposit. We thank you in advance for your cooperation in this matter and are extremely grateful for your generosity.

We are close to moving into our new building. It has been suggested to hang a beautiful quilt in the front entry. My thought is a community quilt. The quilt, created by you, your family members, friends, and neighbors, could tell a story. It would be a beautiful piece of art of all of us for future generations to admire. What are your thoughts?

Facebook fans, please like the Templeton Council on Aging Facebook page. Invite your friends and be current with updates on our activities and new senior center, especially the Mac N Chz Cook off! Free publicity. Let's take advantage of it. See you soon...Dianna

## Upcoming Events

Call 978-894-2780 to register for below events.



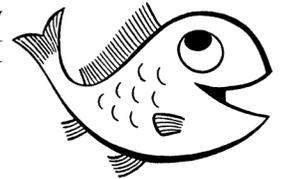
### Harvard Museum of Natural History Friday, May 15th at 9:00 AM

Join us for this fantastic trip to Harvard's remarkable museum of Natural History in Cambridge. Admission to this incredible museum is \$12. Van pick up starts at 9:00 AM and a stop for lunch along the way will be enjoyed.

### Lunch and Turners Falls Fishway Friday, May 22<sup>nd</sup> at 10:30 AM

Time for Spring. Let's get inside and out at the Connecticut River! This day is full of fun for both men and women. First, lunch

at The Wagon Wheel. This 50's themed restaurant has a wide range of food on it's menu for all to enjoy. (Cash Only). Next it is off to the Fishway to enjoy an educational tour and underwater viewing to see migratory fish during their upriver journey to spawn. To view the dam and fish ladder it is an optional short walk in the springtime weather. At the end of your walk you will find your self at the Great Falls Discovery Center to learn history of the Connecticut River. Wow, what a day! No fishing poles please, just your reservation for a ride. Call the COA. Pick up starts at 10:30AM.



### Wolves and Butterflies Wednesday, May 27<sup>th</sup> at 10:00 AM

Lunch at Wolfie's Restaurant in South Deerfield will leave your belly content and ready to travel onto Magic Wings Butterfly Conservatory and Garden. Entrance fee to the conservatory is \$10.50. The van pick ups will begin at 10:00 AM. We hope you enjoy this beautiful experience.

New Monthly Calendar  
See Page 4 & 5



## News From SHINE

### Serving the Health Insurance Needs of Everyone

For assistance with anything regarding health insurance questions & information, contact our Templeton COA SHINE Counselors or call SHINE directly at 1-800-243-4636, press option 3.



Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

#### Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are: 65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple OR under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple.

You may also join... if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form.

You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line:

[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

Advertise HERE

978.894.2780

Your Full Color Advertisement can be changed monthly. Call today.

## Outreach & Social Services

Cindy Shea, Outreach & Volunteer Coordinator  
978-894-2780 email: [coaoutreach@templeton1.org](mailto:coaoutreach@templeton1.org)

I am thrilled to announce several workshop opportunities available for our senior and 'junior' seniors this month. More workshops and seminars are being planned for future months including one for people in their 50's and 60's who are looking for employment or possibly a change in their career.

#### Conversations about Dementia

Tuesday, May 5<sup>th</sup> 10:30-12:00 PM at the Templeton COA. Back by popular demand, this workshop is a follow-up to the workshop on Alzheimer's we had a few months ago. This time, our speaker will be offering us 'tips to help with family conversations about difficult topics like giving up a drivers license, etc. Refreshments will be served.

#### Countdown to 65...a Birthday Party

Tuesday, May 12<sup>th</sup> 6:30- 8:00 PM at the Templeton COA  
Wednesday, May 13<sup>th</sup> 10-11:30 AM at the Hubbardston COA  
7 Main St. Hubbardston

Designed for those who are soon turning 65 or who need help navigating Medicare. This workshop will be offered twice, once in the evening here in Templeton and then again in the morning at the Hubbardston COA for those who can't make it in the evening. Birthday cake and presents for all soon turning 65!

#### Caregiver's Conference

Thursday, May 14<sup>th</sup> 8:00-3:00 PM at the Best Western Royal Plaza Hotel, 181 Boston Post Rd. Marlboro, MA

This fun and informative conference will teach us about innovative respite programs and getting support for caregivers. **If needed, \$100 stipends are available to pay for care for your loved one while you are at the conference.** \$25 registration fee covers all workshops, breakfast and lunch.

#### Senior Care Option Lunch

Tuesday, May 19<sup>th</sup> 12:00-2:00 PM at the Templeton COA. This event is for seniors who have Mass Health and Medicare. We will hear about how to maximize your health insurance benefits to provide even better coverage.

For any additional information that you may need please call Cindy at the COA. 978.894.2780



#### Parker House of Pizza

17 Pleasant Street, Gardner

#### Reno's Pizzeria

132A Patriots Road, E. Templeton

**Seniors 65+, bring this newsletter to Reno's to receive a 10% Senior Discount!**



# Templeton Food Pantry

3 Elm Street, Baldwinville, MA 01436 , 978-939-5965  
 foodpantry@templeton1.org  
 Susan Lajoie, Pantry Coordinator  
 Tuesdays & Thursdays from 9:00 AM to 1:00 PM  
 2<sup>nd</sup> Saturday of the month 9:00 AM to 1:00 PM  
 2<sup>nd</sup> Thursday of the month - closed



The food pantry would like to be able to offer fresh fruits and vegetables to our clients throughout the growing season. We are asking home gardeners in our community to plant a little extra to be given to the Food Pantry. To help encourage our “Planting for the Pantry” program, we will enter you into a raffle for a gift card each time you drop off at least 4 produce items. Raffles will be drawn monthly from June to October and there is no limit to how many times you can be entered to win (one entry for each time you drop off 4 or more items).

**There are several ways you can contribute to Planting for the Pantry:**

- Grow and donate produce from your garden
- Purchase and donate produce
- Donate gift cards that the Pantry will use as prizes

Donations are accepted at the food pantry during the days and times listed above, or at the Senior Center, Monday through Friday, 9:00-5:00 PM.

Call if an other drop-off time is needed.



The Baldwinville Memorial Congregational Church’s Annual Food Drive supplied the Templeton Food Pantry with 1,579 lbs of food and \$330 in cash donations. We are extremely thankful for their efforts and of all of those below who have given. The Pantry is successful through the generosity of people like you.

- |                    |   |
|--------------------|---|
| Marion Gay         | Ahisma Animal Shelter                       |
| Anita Ford         | Christine Aufiero                           |
| Linda Amidon       | Ed & Kathy King                             |
| Mary Alm           | St. Martins Church                          |
| Pat Gale           | First Church of Templeton                   |
| Paul Fredette      | Edward & Dorothy Gallant                    |
| The Wilburs        | Baldwinville Post Office                    |
| Ralph Henshaw      | St Vincent de Paul Church                   |
| Ken Robuccio       | Smith Country Cheese                        |
| Jean Echhert       | Brad & Glenna Lehtonen                      |
| Karen Troisi       | East Templeton Church                       |
| Christine Tiihonen | United Way of Central MA                    |
| AJ & Karen Johnson | East Templeton Post Office                  |
| Fred & Joyce Flood | Lois Dishmon ~ Templeton Center Post Office |
| Kitchen Garden     | ~Doris Taft in Memory of Sue Goguen~        |

**Senior Center &  
Food Pantry  
Wish List**

- Boxes of Brownie Mix
- Hamburger/Tuna Helper
- Chili Seasoning Packets
- Large Cans of Soup
- Small Cans of Soup
- Quick Bread Mixes
- Tissues
- Large Ziploc Bags
- Postage Stamps

***We appreciate your donations.***

## IMPORTANT NOTICE

We have a new town wide policy regarding donations made to the Senior Center, the Templeton Food Pantry, or any other town office. Town Hall has informed us that the bank the town does business with will no longer take checks for deposit unless they are made out to “Town of Templeton”. Checks can no longer be made out to COA Activities, COA Gift, Templeton Food Pantry, In Memory of \_\_\_\_\_, only checks made out to “Town of Templeton” will be accepted. I would suggest designating where a donation is to be directed in the “memo” area of a check: COA Gift, Food Pantry, COA Activity. The reasoning is unclear to any of us, but we have to abide by the policy. ~ Dianna Morrison, Director

Advertising Available

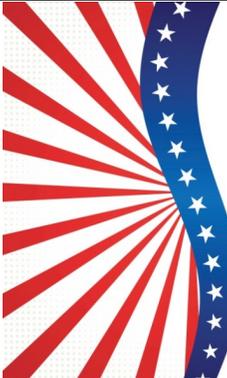
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# MAY 2015

Advertising Available

1.5 H x 3.8 W

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> HDM Pesto Chicken Van <b>Tower Hill Botanical Garden</b>
<b>4</b> HDM Baked Salmon Van <b>Church Supper</b>	<b>5</b> HDM Greek Meatballs 9-1 Food Pantry 10:30 Winchendon Lunch 10:30 <b>Dementia Wk Shop</b>	<b>6</b> HDM Balsamic Chicken 9:30 Wood Carvers 10:00 Walk It Off 12:30 Golden Agers Bingo	<b>7</b> HDM Chicken Chow Mein 9-1 Food Pantry 10:00 Creative Stitchers 10:30 Winchendon Lunch 1:00 Cribbage 5:30 <b>Diner's Club</b>	<b>8</b> HDM Meatloaf
				<b>Saturday 9</b> 8-2 Town Wide Yard Sale

<p><b>11</b></p> <p>HDM Beef &amp; Lentil Chili</p>	<p><b>12</b></p> <p>HDM BBQ Chicken 9-1 Food Pantry 9:30 Elder Care Hlth Fair 10:30 Winchendon Lunch 1:30 <b>COA Bd. Mtg.</b> 6:30 <b>Turning 65</b></p>	<p><b>13</b></p> <p>HDM Cold Turkey Salad 9:30 Wood Carvers 10:00 Walk It Off 12:30 Golden Agers Bingo</p>	<p><b>14</b></p> <p>HDM Roast Pork 8-3 CARE Givers Conf. 9-1 Food Pantry <b>Closed</b> Aptmt. <b>ONLY</b> for Re-registration 10:00 Creative Stitchers 10:30 Winchendon Lunch 11:30 <b>Friends Mtg.</b> 1:00 Cribbage</p>	<p><b>15</b></p> <p>HDM Chicken Kielbasa Van <b>Harvard Museum</b></p> <hr/> <p><b>Saturday 16</b></p> <hr/> <p>9-1 <b>Food Pantry OPEN</b></p>
<p><b>18</b></p> <p>HDM Baked Chicken Van <b>Market Basket</b></p>	<p><b>19</b></p> <p>HDM Potato Fish 9-1 Food Pantry 10:30 Winchendon Lunch 12:00 Vets Lunch 12:00 <b>Senior Care Option</b> 6:30 <b>Vets Mtg./A.L.</b></p>	<p><b>20</b></p> <p>HDM Teriyaki Chicken 9:30 Wood Carvers Trip 10:00 Walk It Off 12:30 Golden Agers Bingo 6:30 <b>Friends Bd. Mtg.</b></p>	<p><b>21</b></p> <p>HDM Beef Stroganoff 9-1 Food Pantry 10:00 Creative Stitchers <i>New Craft</i> 10:30 Winchendon Lunch 11:30 <b>Friends Mtg.</b> 1:00 Cribbage</p>	<p><b>22</b></p> <p>HDM Broccoli Bake Van <b>Turners Falls Fishway Ladder Museum &amp; Lunch</b></p>
<p><b>Senior Ctr. Closed 25</b></p>  <p><b>MEMORIAL DAY</b></p>	<p><b>26</b></p> <p>HDM Grilled Chicken 9-1 Food Pantry <b>Brown Bag</b> 10:30 Winchendon Lunch</p>	<p><b>27</b></p> <p>HDM Rosemary Pork 9-1 Food Pantry Re-registration 9:30 Wood Carvers 10:00 Walk It Off Van <b>Magic Wings</b></p>	<p><b>28</b></p> <p>HDM Chicken Parmesan 9-1 Food Pantry 10:00 Creative Stitchers 10:30 Winchendon Lunch 11:30 <b>Friends Mtg.</b> 1:00 Cribbage</p>	<p><b>29</b></p> <p>HDM BBQ Ribs Van <b>R.O.D.E.O Club</b></p>



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## *Featured Excursions*

**Conversations about Dementia** - Tuesday, May 5<sup>th</sup>, 10:30 AM at Scout Hall.

**Countdown to 65!** - Tuesday, May 12<sup>th</sup>, 6:30 PM at Scout Hall. Van rides available.

**Harvard Museum of Natural History** - Friday, May 15<sup>th</sup> Pick ups begin at 9:00 AM.

**Market Basket** - Shopping Trip; Monday, May 18<sup>th</sup>. Van pick ups begin at 9:30 AM.

**Senior Care Option Lunch** - Tuesday, May 19<sup>th</sup> at Scout Hall. Van pick ups begin at 11:30 AM.

**Turners Falls Fishway and Lunch** - Friday, May 22<sup>nd</sup>. Gill, and Turners Falls, MA. Van pick ups begin at 10:30AM.

**Wolves and Butterflies** - Wednesday, May 27<sup>th</sup>. Travel to South Deerfield, MA for lunch and an exhilarating experience at Magic Wings Butterfly Conservatory and Garden. This Spring time adventure will begin with 10:00 AM pick ups.

**R.O.D.E.O. Club** - Friday, May 29<sup>th</sup> the Retired Old Dames will meet at SAWA in Gardner at 12:00 PM. If you need a Van ride please call.

**Additional events the van will be available for:**

Vet's Lunch - Tuesday, May 19<sup>th</sup>, 12:00 PM

Food Pantry Re-Registration- May 14<sup>th</sup> and 27<sup>th</sup> 9:00 AM to 1:00 PM by appointment only.

**Reservations for Excursions are taken on the first day of the month and are accepted until trip is full.**

## *Regularly Scheduled Trips*

**Memorial Congregational Church Supper, Baldwinville**

Monday, May 4<sup>th</sup>. Pick ups begin at 4:00 PM

A free dinner and a fun evening out with friends. Donations welcome. Offered on the 1<sup>st</sup> Monday of the Month

**Winchendon Lunches** - Pick ups begin at 10:30 AM

Take the van to our neighbors at the Winchendon Senior Center for lunch. Lunch costs \$2.25 a person. Offered every Tuesday & Thursday unless otherwise noted.



### *Veterans Service Officer*

**John C. Caplis**

Sergeant First Class, Retired  
veteransservices@templeton1.org  
978-894-6971 Templeton Town Hall  
Tuesday - Thursday, 9AM - 1PM

Vet's Lunch- Tuesday, May 19<sup>th</sup>, Noon

Vet's Support Group-Tuesday, May19<sup>th</sup>, 6:30PM Am.Legion

Call John for Reservations. Call the COA for a Van Ride.

## *Templeton COA Vans*

COA Van Dispatcher, Don LeBlanc  
coadispatch@templeton1.org

**Call 978-894-2780**

**to make a reservation.**

You are encouraged to make reservations at least 1 week in advance, especially for medical appointments.

Reservations are taken no later than 12:30 PM the day prior to your trip.



### **Local Shopping/Social Trips**

**Mondays - Fridays: 8:30 AM to 2:30 PM**

Shopping and errands around  
Templeton & Gardner

### **Medical Trips**

**Local, Mon. - Fri: 9:30 AM to 2:30 PM**

**Out of Town, Mon. - Fri: by Appointment**

Transportation provided to any destination and time needed for medical appointments if schedule permits. Scheduling is done on a first come, first serve basis.

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**Baldwinville**  
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Rehabilitation Center

51 Hospital Road, Baldwinville, MA 01436

[www.baldwinvillenursinghome.org](http://www.baldwinvillenursinghome.org)

## Social & Support

**Walk It Off** - Wednesdays at 10:00 AM this group will meet to walk the Bike trail behind the Gardner Skating Rink. Call the COA to let us know of your attendance.



**Diners Club** - 1<sup>st</sup> Thursdays of the month at 5:30 PM. Join this group out to dinner at different area restaurants once a month. This month they will be meeting at Rye & Thyme, 14 Monument Square, Leominster on May 7<sup>th</sup>.

**RODEO Club** - Once a month Retired Old Dames gather for lunch. Join them on Friday, May 29<sup>th</sup>, 12:00 PM at SAWA in Gardner, 360 Timpany Blvd. Van rides available.

**Veterans' Group** - 3<sup>rd</sup> Tuesday of the month at 12:00 PM. All are welcome to this Veterans Support Group. Discussion topics, occasional speakers, and lunch. Please call to attend.

**Golden Age Club** - Meetings are the 1<sup>st</sup> & 3<sup>rd</sup> Mondays of the month at 1:30 at the American Legion. New members welcome. Only \$5 a year to join.

## Arts & Crafts

**Wood Carvers Club** - Wednesdays 9:30 AM to 1:00 PM. This group is made up of wood carvers with varying levels of experience. Master & advanced carvers volunteer their time to expand skills of other carvers. Tools are available for use during club times. Pot luck lunch every Wednesday. Donations toward lunch and coffee greatly appreciated.

**Creative Stitchers** - Thursdays 10:00 AM to 12:00 PM. Do you knit, crochet, needlepoint or do other hand crafts? Come to this coffee group which meets weekly to socialize. Open to all, novice and experienced. *Monthly Craft: Glass Etching*, Thursday, May 21<sup>st</sup>. Materials needed are posted at the COA.

## Cards & Games

**Cribbage** - Thursdays at 1:00 PM

Everyone is welcome to this friendly game.  
**Golden Age Club Bingo** - Wednesdays from 12:30 - 3:30 PM at the American Legion. It only costs \$5 a year to be a member of the Golden Age Club and join in on this Bingo game. Bingo cards cost \$0.50 each. Prize money depends on the number of players but averages \$5 to \$10 a game. For more information contact Janet Whipple at 978-939-5689.

## Friends of the Templeton Elders

Hello Friends,

Did you like what you saw at the Open House! We kicked off our 120 Club raffle and sold 42 tickets. The entire amount of tickets will only be available until May 23<sup>rd</sup>. For your ticket either come to Scout Hall on Thursdays from 9:00- 3:00 PM or please email [templetonelders@gmail.com](mailto:templetonelders@gmail.com) for yours today.

Our huge bake sale was a sellout! The biggest surprise of all came when Kevin and Elaine Jones of the Ryan Patrick Jones Heart of a Hero Foundation, presented the Friends with a check for \$750. Their son Ryan had asked them to do good things in his memory.



This money will aid in the purchasing comfortable chairs for our seniors at the new center. We sincerely thank them and will pass the kindness on to others.

We have been working so hard planning events to raise funds for furniture. How can you help? For starters, how about at our yard sale May 9<sup>th</sup> on the common - selling or buying. Also, did you find the perfect chair to paint and decorate for the CHAIR-ity event at the Craft Fair? The most fun way to help or participate might be to make plans to come (or help) at our Mac N Cheese Cookoff on the Common - this will be our biggest fundraiser of the year, so we need everyone to know about it.

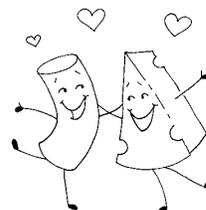
Have you checked out our new Facebook page, **Friends of the Templeton Elders** - LIKE and SHARE. We also created an Event for the Mac N Cheese, so INVITE, LIKE and SHARE this page with everyone you know. The more people come, the more chairs we have to sit in. FOLLOW us to keep up to date. Check out our website at [www.templetonelders.org](http://www.templetonelders.org) FRIENDS is doing everything possible to get our Center done.

If you have questions, simply email us at [Templetonelders@gmail.com](mailto:Templetonelders@gmail.com). We would love to hear from you.

Friends BOD Meeting - May 20, 6:30 PM

Friends Planning Meetings - May 14, 21, 28 at 11:30 AM  
 All meetings will be held at Scout Hall. Please join us.

Gail Noel  
 President



Friends of the Templeton Elders  
PO Box 85  
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Return Service Requested

**My fellow Americans, ask not what your country can do for you, ask what you can do for your country.**

*John F. Kennedy*

**Susannah Whipps Lee**

**Representative - 2nd Franklin District**

**Phone: 978.895.9606**

**Email: [Susannah.whippslee@mahouse.gov](mailto:Susannah.whippslee@mahouse.gov)**

### *COA Staff*

**978-894-2780**

#### **Director**

Dianna Morrison  
[coadirector@templeton1.org](mailto:coadirector@templeton1.org)

#### **Social Services & Volunteer Coordinator**

Cindy Shea  
[coaoutreach@templeton1.org](mailto:coaoutreach@templeton1.org)

#### **Van Dispatch**

Don LeBlanc 978.894.2787  
[coadispatch@templeton1.org](mailto:coadispatch@templeton1.org)

#### **Activities Coordinator**

Diane Lanpher  
[coaactivities@templeton1.org](mailto:coaactivities@templeton1.org)

#### **Bookkeeper**

Pamela Landry  
[coabookkeeper@templeton1.org](mailto:coabookkeeper@templeton1.org)

#### **Food Pantry Coordinator**

Susan Lajoie  
978-939-5965  
[foodpantry@templeton1.org](mailto:foodpantry@templeton1.org)

#### **Custodian**

Thomas Bosworth

#### **Meals on Wheels Drivers**

Russell Clark  
Bob Goguen

#### **Van Drivers**

Joe Arsenault  
Bill Buckler  
Jim Cornwell  
Ron Lewis  
Bob Goguen  
Russell Clark

### *COA Board of Directors*

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**This newsletter is supported in part by the  
Executive Office of Elder Affairs.**