

Welcome to the Fitchburg Senior Center



Hours of Operation

8:30am - 4:30pm • Monday – Friday

The center is closed holidays and during inclement weather.

14 Wallace Avenue, Fitchburg MA 01420 • Phone: 978-829-1790

<http://www.ci.fitchburg.ma.us/484/Senior-Center>

Staff

Executive Director-Joan Goodwin, Principal Clerk-Jennifer Brennan,
Receptionist-Kathy Deery Cote,
Building Maintenance-Mike Brown, MOC Site Manager-Alice Lake

Fitchburg Senior Center Information

Mission Statement: To identify and meet the needs of our senior population in the community. We work with state and local officials to enhance the quality of life for our elder population through available resources, such as: information and referral, educational and life enrichment programs, as well as, social and community events. We offer daily nutritious meals through MOC and assistance with transportation through MART. Serving ages 60 and older.

Services:

MART Transportation: - New van riders residing in Fitchburg must register by calling the Senior Center at (978) 829-1790. To qualify for a discount, you must call and have us register you and must be 60 years or older. Once registered as a Senior Rider, you can then call MART at (978) 345-7711 ext. 3 to schedule local rides, ask questions about schedules and rates.

MOC Meal Site: - Nutritious, hot meals are served every day through MOC. Monday – Friday, lunch is served at 12:00pm, voluntary donation request: \$3.00. Stop by for a detailed monthly menu. Call Sally at (978) 345-8504 to reserve your lunch. (Must call 24 hours before to reserve)

SHINE Appointments: Call (978)400-0690 to speak to Garry to schedule an appointment. Trained SHINE volunteers offer free confidential counseling on all aspects of health insurance to anyone on Medicare. www.shinema.org, the site has valuable information and links to other agencies. Or call Central Mass SHINE Program phone: (508) 422-993. If the answering machine picks up, leave your name and number and your call will be returned.

My Senior Center ID Tag:

My Senior Center is an electronic sign-in system that we utilize at the center. When you register you will be given a My Senior Center Tag with a bar code on the back. When you come to the senior center please first sign in at the computer across from the kitchen using your tag. If you have any issues please see someone in the office. Scanning your card not only lets us know which of our programs are successful, but it helps with our funding.

Standards of Independence for Senior Center Participation

Our programs are primarily designed for and targeted to people aged sixty and older.

Please note the following standards of independence and behavior with respect to senior center attendance:

1. Provide the staff with the name and telephone number of a person to contact in case of an emergency. If a participant experiences a medical problem while on the premises, it is expected (but not mandatory) that the participant will follow the recommendation of the senior center staff to seek appropriate medical attention.
2. Refrain from smoking, drinking alcohol or using illegal substances on the premises. Participants who are inebriated will be asked to leave immediately.
3. Take responsibility for their own personal care, including hygiene, toileting, continence and feeding.
4. Be reasonably oriented, capable of independent decision making and capable of planning their own activities, e.g., transportation, lunch, financial transactions....
5. Avoid causing disturbances or disruptions, and to show respect for building facilities and personal property of others.
6. Be responsible for their own personal health and medical care, including the taking of medications, monitoring special diets, etc. Senior center staff are not responsible for providing assistance with medication and other personal health and medical care.
7. Violence or threats of violence are not permitted and will result in the participant being asked to leave; possible permanent suspension of senior center privileges may result.

If any inappropriate behavior is witnessed or reported, the staff will use discretion to take corrective action, e.g., asking the participant to abstain from the inappropriate behavior, or if necessary, contact the police, doctor, ambulance or emergency contact person. Repeated violations may result in the participant being asked to leave; possible permanent suspension of senior center privileges may result.

If a patron experiences a mental health episode, but is otherwise capable of conforming their conduct to these standards, then reasonable accommodation requests will be considered.

If a participant cannot meet the required standards, staff is available to share resources and discuss options. The staff is committed to providing a welcoming atmosphere for a many community seniors as possible.

If any of the Standards of Independence pose a challenge, we ask that a participant be accompanied by a home health aide, companion, escort or translator who can assist the participant in performing the necessary functions. Elder Affairs-Standards of Independence