

**Town Of Hudson
Council on Aging**
Multi-Service Center
29 Church St.
Hudson, MA



Hudson Senior Center

Non-Profit Organization
U.S. Postage
PAID
Hudson, MA 01749
Permit #55



2023

**Hudson Council on Aging
A Multi-Service Center**

Open Monday through Friday - 8:00am to 3:30pm

(978) 568-9638 (978) 568-9639 (978) 568-9647 Fax (978) 567-0946

Social Services:

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as Springwell Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

Senior Center Staff:

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver

Social Activities:

Fitness classes, Chair Yoga, Stress Reduction, Parkinson's Exercise, Chair & Mat Pilates, Walking Club, Stretch Break Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Group, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Bingo and much more.

Members of the Council on Aging Board:

- Trisha Desmond - Chair 978-562-2492
- John Gill- Vice Chair - 978-568-1107
- Diane M. Durand - Secretary -- 978-621-9665
- Nina Smith - Treasurer - 978-562-3077
- Charles Corley - 978-568-8840
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Janet Saluk- 978-618-7124
- Edward Silveira - 978-568-3438

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm

The Friends of Hudson Seniors - 2nd Tuesday of each month at 9:30am

Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.



Hudson Seniors Giving Back

Retirement can be a powerful time to share your talents and spirit and make a difference in our local community.

Many of the seniors I speak with tell me it's a privilege and a pleasure to be of service. They tell me that volunteering is also an opportunity to learn and connect. If you are feeling inspired, please consider giving your talents and time in some of the following ways:

Connect with other seniors: The Hudson Council on Aging is your local hub for connection, community, and opportunity. They are always looking for more volunteers with a diverse range of interests and talents to support our town's healthy aging initiatives. Call Janice Long at (978) 568-9638 to become a part of their vibrant volunteer community of seniors helping seniors.

Serve your community: The Town of Hudson depends on volunteers for its boards, committees, and commissions. If you are interested and want to give your time and talent for the betterment of our town, take a look at the volunteer openings and committee vacancies that are listed on the Town Clerk's web page or call (978) 568-9615.

Bring Hudson together for celebrations: Our community comes together for celebrations throughout the year, but parades, festivals, and events honoring veterans require volunteers to plan them and work at them. For example, if you would like to get involved with the Hudson Community Fest, call (978) 875-0197 or send email to info@assabetvalleychamber.org

Volunteer at a food pantry: the Hudson Community Food Pantry provides local families with food in a supportive and respectful environment. Community engagement is key to their reach and impact – from volunteers committed to their mission who have been with the organization from the beginning to high school students lending their hands to unload deliveries early in the morning before school. You can be a part of the difference they make every day. To learn more, visit the volunteer page of their website at: <https://hudsoncommunityfoodpantry.org/volunteer-with-us/>

Deliver Meals on Wheels with Springwell: If you have a few hours of lunchtime availability a month, you could help Springwell meet their need for more Meals on Wheels drivers and meal delivery assistants. You can volunteer individually or as part of a team. Call (508) 573-5200 if you are interested in volunteering with Meals on Wheels.

Support the Library: The Friends of Hudson Public Library is a wonderful volunteer group that supports the library. New members are welcome; email HUDSONMALIBRARYFRIENDS@GMAIL.COM for more information.

Your feedback is welcomed and appreciated; please let me know if there are other opportunities and experiences to share with the senior community.

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkeathogan.com and @RepKateHogan on Facebook and Twitter.

Upcoming Office Hours: May 16, 6-7 pm at the Randall Library, Stow

Hello to Everyone



We have been awarded a Title III Older American's Grant from Springwell to bring back the 2 day a week food shopping program we had prior to the pandemic. This grant will pay for the additional part-time driver hours needed. Food shopping will be offered on Tuesdays and Thursdays at 9 am starting the second week in May. John Wesinger, our new part time driver and Jack Veo will be driving for the food shopping program. Additionally, due to the increase in ridership, you may see John, Jack or Jim Klotz driving to help Lennie, our full-time driver, on very busy days. I am grateful that we now have the additional drivers to meet the increased need. Our center is so fortunate to have Lennie, Jack, John and Jim as drivers. They are kind, caring, funny and most of all compassionate. We are lucky to have them ❤️

Summer vacations and programing

As summer approaches, please be mindful of program instructors and their vacations. The fitness and wellness page in our newsletter will have the updated information as to when instructors will be on vacation. If you have any questions or concerns about a specific class or program please call the center at 978-568-9638. Thank you

MassHealth Renewal Notices

The MassHealth Renewal Forms have started to go out. This form needs to be filled out and sent back to MassHealth to confirm your eligibility for your MassHealth health insurance. If you have any questions please feel free to contact the Hudson Senior Center as we are here to help you with this process if needed! 😊

- We still have a few openings for our special Mother's Day Tea which is Friday, May 12th with delicious food and beautiful raffle prizes. **Call quickly** 😊
- The Pollinators Class also has openings. If you like humming birds and butterflies this class is for you!

Random Acts of Kindness

We have all experienced a great feeling after doing something kind for someone else. Did you know that science is now saying that acts of kindness can release hormones that contribute to one's mood and overall wellbeing. Dr. Waguih Wiolliam IsHak, a professor of Psychiatry at Cedars-Sinai states "We all seek a path to happiness and practicing kindness towards others is one we know works." He also states that studies have linked random acts of kindness to releasing dopamine, a chemical messenger in the brain that can give us a feeling of euphoria. In my position at the Senior Center, I see and hear of peoples acts of kindness towards others, often. It is a great practice for all of us to do. Sending a card or making a phone call to let someone know you are thinking of them are simple ways to show kindness. It is no wonder I love working at the Senior Center.

~Janice



Reminder: Senior Center is Closed on Monday, May 29th for Memorial Day

The U.S. Army Combat Capabilities Development Command Soldier Center presents

**Advances in Helmet and Body Armor Design for Active Military
Presentation on Thursday, May 18th at 9:00 am
at the Hudson Senior Center**

Please join, Rich Landry, an Army Veteran who is responsible for load carriage design including rucksacks and pouches, and David Accetta, another Army Veteran who is the Chief of Public Affairs as they discuss the advances in helmet and body armor design as well as load carriage.

Call 978-568-9638 to sign up for this.

The DEVCOM Soldier Center's, previously known as "Natick Labs" history of support for the Soldier has continued uninterrupted support for the Soldier for more than six decades, with a focus on Soldier-related research, development, testing and evaluation efforts. If Soldiers wear it, eat it, sleep under it, or have it airdropped to them in theater, it can be traced back to the DEVCOM Soldier Center.

Quench Your Thirst



Tuesday, May 30th at 10:00am at the Hudson Senior Center

Come join student dietitian Kailey McNamara, M.Ed. to learn fun creative ways to make water healthier and tastier with fruit infusions. The lesson will include helpful tips to drink more water, DIY fruit infusion activity, beverage samples with recipes and shopping guides to take home.

You will learn creative ways to make water healthier and tastier with fruit infusions! Kailey will provide samples that will include three separate water infusions such as: strawberries + lemons, kiwis + strawberries and cucumbers + watermelon. Please call to sign up for this fun event.

Happy Father's Day

**Father's Day lunch at the Hudson Senior Center
Friday, June 16th at 12 noon**

Lunch provided by Buffet Way will include:

Fresh dinner rolls, baked potato with butter, sour cream and bacon bits, 4 oz Hawaiian chicken teriyaki with vegetable garnish and 6oz steak tips. German Chocolate cake served with ice cream provided by New Horizons. Limited to 50 people

**** Cost to you is \$10.00 and sign-ups will start Wednesday, May 17th ****



**Make a Beautiful door hanging with Susan Rondeau
Friday, June 9, 2023 at 1pm
at the Hudson Senior Center**

Join Susan for this pretty summer door hanging craft. You will need to bring a pair of scissors. Cost to you is \$10.00.

Class size is limited to 25.

Mother's Day Tea Party at the Senior Center

Friday, May 12th at 11:00 am Cost is \$10.00



Mother's Day Tea Party Breakfast pastries- scones, muffins, Danish, turnovers
Tea sandwiches- a variety of mini sandwiches: cucumber cream cheese, chicken
salad, roast beef, homemade potato chips, spinach salad, raspberry lemonade
and raffle prizes. ☺ If you want you can wear a Tea Party Hat to make this
more festive! Limited to 50 people.

Pollinator's Seminar: Learn what to plant for attracting humming birds and butterflies

Friday, May 5th 1pm–2 pm at the Senior Center.

Please call 978-568-9638 to sign up.



Come join us for a free seminar on which native plants are beneficial for pollinating insects, best
non-toxic pest repellents and the best flowers for hosting caterpillars for a new generation of
butterflies!



Assabet Technical High School's Tech Savvy students are back again to answer your technology questions Wednesday, May 17th at 10:30am

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy
students come to the center to help you with your iPad, Cell phones and Tablets. Please bring
in your devices and learn from the experts how to use and manage apps, emails and Facebook
and much more. You must sign up for this.



Our Self-Empowered Living Program Continues in May

This class will provide self-help techniques that will relax and calm our minds, and build resilience
as we adapt to life's challenges.

We want to welcome our new instructor, Suzanne Peters, LICSW. She has worked with adults and
seniors for the past 17 years, using a strengths-based and client-centered approach. She specializes
in working with clients coping with anxiety, loneliness, relationship issues, chronic illness, loss and
those struggling with challenging issues or transitions.

**This is a 4-week class that will be held on Wednesdays starting Wednesday, May 3rd from 1-2 pm and
end on Wednesday, May 24th 1-2 pm. You must call 978-568-9638 to sign up. This class is FREE
thanks to ARPA Funding. You must call 978-568-9639 to sign up for this class.**

Call the Center at 978-568-9638 to reserve your seat.



Hiking Day at Wachusett reservoir

Monday, May 15th at 10:00am

Meet at the Senior center

Call to sign up!

Transportation News...



Food Shopping Days Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live.



PICK UPS BEGIN AT 9AM. **Beginning the week of May 8th******

**New
Shopping
Days!!**

- **Tuesdays:** Market Basket.
- **Thursdays:** Choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments

*Masks MUST be worn while on the bus at all times regardless of vaccination status.
Seatbelts must also be worn*

Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order

Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)

Wednesday, May 3rd

Cold Menu: Egg salad, cauliflower carrot salad, Italian pasta salad

Hot Menu: Roast turkey w/gravy, mashed potatoes, mixed vegetables

Thursday, May 4th

Cold Menu: Turkey w/ swiss cheese, macaroni salad and riviera salad

Hot Menu: Alaskan breaded pollack, rice pilaf and carrots

Wednesday, May 10th

Cold Menu: Chicken salad, quinoa tabbouleh salad and carrot raisin salad

Hot Menu: Mediterranean fish, buttered seasoned orzo, zucchini and cauliflower

Thursday, May 11th

Cold Menu: Tuna salad, potato salad and root vegetable salad

Hot Menu: Broccoli & cheese stuffed chicken, cheesy potatoes and Italian blend vegetables

Wednesday, May 17th

Cold Menu: Vegetarian chef salad and Italian pasta salad

Hot Menu: Teriyaki salmon, lo mein noodles and asian blend vegetables

Thursday, May 18th

Cold Menu: Egg salad, orzo vegetable salad and carrot pineapple salad

Hot Menu: Hot dog on a roll, coleslaw and baked beans

Wednesday, May 24th

Cold Menu: Tuna salad, potato salad, broccoli, feta and orzo salad

Hot Menu: Aloha chicken, rice pilaf and carrots

Thursday, May 25th

Cold Menu: Turkey, swiss cheese, cole slaw and balsamic pasta salad

Hot Menu: Meatloaf with mushroom gravy, mashed potatoes and beets

Wednesday, May 31st

Cold Menu: Turkey, swiss cheese, English pea salad and carrot pineapple salad

Hot Menu: Chicken stir fry and jasmine coconut rice

Suggested Voluntary Donation of \$3

Menu is subject to change

“Movie Day” at the Center



Here is the listing for the movies in May. Due to the limited space for each viewing, you must sign up for the day that you would like at 978-568-9638. Come and join us at 12:30pm for the following movies:



Monday, May 8th & Tuesday, May 9th – *Maybe I Do* ***MOVIE & PIZZA DAY BEGINS AT 11:45am For this Movie***



Diane Keaton, Richard Gere, Susan Sarandon, Emma Roberts, Luke Bracey and William H. Macy in a multi-generational romantic comedy. Michelle (Roberts) and Allen (Bracey) have reached the point in their relationship to take the next steps toward marriage. Thinking it is a good idea to invite their parents to finally meet, they set a dinner and make it a family affair. To everyone's surprise, the affair takes on a whole new meaning as the parents already know each other all too well - they've been cheating on their spouses for months...with each other. Trapped in this precarious predicament, they try to hide their dalliances from the kids while confronting their spouse's lovers head-on. Let the games begin!

Rating: R Runtime: 1hr 35min



Monday, May 22nd & Tuesday, May 23rd – *80 For Brady*

Inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play. Starring Academy Award® nominee Lily Tomlin, Academy Award® winner Jane Fonda, Academy Award® winner Rita Moreno and Academy Award® winner Sally Field, with 7-time Super Bowl Champion and producer Tom Brady.

Rating: PG-13 Runtime: 1hr 38min



Monthly Support Groups at the Senior Center

led by Alex O'Hare, the community social worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

Bereavement Group

Monday, May 1st & 15th at 1pm

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process.

Caregivers Support Group

Thursday, May 11th & 25th at 1pm

Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones.

Uber Health

Free transportation through Uber for low income residents for medical appointments only. Screening is required to receive this service. Please call Alex O'Hare at 978-562-3150 to start screening process and to schedule a ride for your medical appointment.



“VETS TALK” A program for Veterans

Thursday, May 4th, 11 & 18th at 9am

Every Thursday except the 4th Thursday of the month

Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.



Hudson Memorial Day Parade and Ceremony Monday, May 29th

The parade will step off at 1000 from AMVETS at 5 South Street
Ceremonies to follow at Liberty Park.

Blood Pressure Clinic on Thursdays...



- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 11:30am-12:30pm *
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th Thursday with Janet 9:30am- 11am

The City of Marlborough
and the Town of Hudson
are proud to bring you



HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

LOCATION:

BOSTON POST ROAD EAST PAST
HOME DEPOT AND STAPLES. AFTER
SUBWAY TAKE A LEFT AT THE
EASTERLY TREATMENT PLANT/
RESIDENT DROP-OFF FACILITY SIGN.
THEN FOLLOW ROAD AND LOOK
FOR EVENT SIGNS.

BRING THESE ITEMS:

Acids/Bases	Furniture Stains	Monitors
Aerosols	Fluorescent Bulbs	Pesticides
Air Conditioners	Household Cleaners	Photo Chemical
Antifreeze	Household Polishes	Poisons
Auto Batteries	Household Batteries	Pool Chemicals
Brake Fluid	Kerosene	Thinners
Corrosives	Lighter Fluid	Used Motor oil
Drain Openers	Paints (Oil based)	Weed Killers
Flammables	Propane Tanks	Wood Preservative
Computers	Microwaves	TVs/VCRs

Asbestos
Radioactive Materials
Latex/Acrylic Paint
Unknown or Unlabeled Materials

DO NOT BRING THESE ITEMS:

Polychlorinated Biphenyl's (PCB's)	Explosives
Reactive or Unstable Materials	Drums
Tires	Medical Waste
NO Large Appliances	

MEDICATION WILL

**** NOT ** BE COLLECTED !!**

PLEASE BRING UNWANTED OR EXPIRED
MEDICATIONS TO YOUR LOCAL POLICE STATION OR
TO THE FOLLOWING CVS PHARMACIES:
264 EAST MAIN STREET, MARLBOROUGH
234 WASHINGTON ST, HUDSON
FOR PROPER DISPOSAL.

SATURDAY

May 13, 2023

9am – 12 noon

860 Boston Post Rd East
Easterly Wastewater Treatment Facility
MARLBOROUGH, MA

For More information please call (508) 624-6910 Ext: 33300

Marlborough and Hudson Residents Only – Please be prepared to show proof of residency

***** DO NOT BRING LATEX PAINT *****

What is the Affordable Connectivity Program

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The Affordable Connectivity Program provides:

- Up to \$30/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least *one* of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
 - SNAP
 - Medicaid
 - Federal Public Housing Assistance
 - Supplemental Security Income (SSI)
 - WIC
 - Veterans Pension or Survivor Benefits or Lifeline

Participates in one of these assistance programs and lives on [Qualifying Tribal lands](#):

- Bureau of Indian Affairs General Assistance
- Tribal TANF
- Food Distribution Program on Indian Reservations
- Tribal Head Start (income based)

Two Steps to Enroll

1. Go to [AffordableConnectivity.gov](#) to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both apply for the program and contact a participating provider to select a service plan.**

To talk with someone from the Affordable Connectivity Program call 877-384-2575

Fitness Classes

In-person fitness classes:



You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

NO STRESS REDUCTION CLASS APRIL 4TH

This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people *Cost: no charge*

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am –FREE for May ^{***No Zumba Class... May} 17th, 24th & 31st video only**
- **Mat Pilates with Jennifer: Thursdays at 9:00am -Cost: \$10/month**

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

(The class will be limited to 20 people)

- **Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00 a month**
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am Cost is \$10.00 a month**



Online Zoom fitness classes:

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**

This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*

- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/mo**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. Cost: no charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am Cost: no charge**



Elder Law with Frank and Mary

by Arthur P. Bergeron

*Arthur P. Bergeron is an elder law attorney
in the Trusts and Estates Group at Mirick O'Connell.*

DEALING WITH LIFE IN YOUR 80'S

For Frank and Mary and all my clients (and for me too: I'm 73), the goal of life increasingly is to get a good night's sleep. When you get to be 80, that sleep is often interrupted by worries of impending frailty and death. The best cure for that is to resolve to live in the present and to live every day as if it were your last. That said, here are a few planning tips to help you sleep better:

- **Durable Power of Attorney and Health Care Proxy.** Maybe at this point, even if you are married, you want to name someone younger (like one of your kids) to handle your financial and other legal affairs (through the Durable Power of Attorney) and to make medical decisions for you (through the Health Care Proxy) if you become incapacitated or just need some help managing your bank accounts and other things as you get older.
- **Protect your Assets.** If you are married and one of you needs to qualify for MassHealth, either because you need nursing home care or because you need a lot of care at home, you can qualify for MassHealth by shifting the assets to the healthy spouse. That option ends when your spouse dies, unless those assets were in your spouse's name at death and his or her will specifies that the assets that would have gone to you will instead be held in trust for your benefit. If your spouse has already died or you are single and control all the assets yourself, the only way to protect them is to give them away and wait five years for the lookback period to expire.
- **Irrevocable Trust.** If you are single, have more than one child or other beneficiary to whom you want to give your assets after you die, you may want to consider creating an irrevocable trust to hold a gift of some of your assets before you die. After five years, the assets in the trust are no longer countable for qualification for MassHealth. You may name your most trusted child or other person as trustee and you may keep the power to appoint a new trustee if need a replacement. You may also give the trustee the power to distribute assets to the beneficiaries (your descendants perhaps) who could use the assets for your benefit or for themselves.

The message here, though, is that when you hit 80, it's probably time to talk to your lawyer about readjusting your estate plan if you have not already dealt with these issues. As I always tell my clients, the most valuable thing your lawyer can provide is advice about options you may not have considered. Even if you do not change your estate plan or other documents as a result, just having had the conversation will help you sleep better. If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on HUD-TV (Comcast 8; Verizon 47) or on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



15-minute Legal Advice with Attorney Arthur Bergeron
Wednesday, May 10th from 1pm to 3pm (appointment only)

Attorney Bergeron will be available for private 15-minute sessions the second Wednesday of the month. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you

DayBreak at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by the MetroWest Health Foundation.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.

Please contact Lisa Bazarian Gardner at 978-568-9638

Or email at lbbazarian@gmail.com for more information.



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, May 17th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.
Beginners welcome. See you there!

Knit and Crochet

Wednesdays at 9:30am

Come to the Center and meet some talented ladies! Share your talent and ideas!

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

Hudson Silver Threads are a wonderful group of women who are fun, warm and friendly. 😊

CRIBBAGE

Mon, Tues, Wed & Friday 8:30-11:30am



BRIDGE

Friday 1pm-3pm

Crafting

Mondays at 12pm – 3pm

2nd Floor – Crafting Room

Open Painting Studio

Tuesdays 10am-12pm No teacher, but a group of friendly, helpful artists, willing to share ideas and talents!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players!

Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

Challenge your mind while enjoying a relaxing afternoon of conversation and play. All skill levels welcome.



Pool Room

Come play on our 2 beautiful tables! Monday-Friday 8:30-3:30

Chess Tuesdays at 1pm



Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2013. *Check out our new Large Print section

Message from the Friends...

Next Friends Meeting: Tuesday, May 9th at 9:30am

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am.



Hudson Senior Center Gift Shoppe

Thursdays 9:30am -12:30pm



Hudson Senior Center Trips 2023

Wednesday, May 24th Staying Alive ~ Tribute to the Bee Gees

Experience the World's # 1 Tribute to the Bee Gees –An amazing show that is as close to the original as you can get. Plated luncheon at Lake Pearl in Wrentham, MA with your choice of Stuffed Breast of Chicken or Vegetarian Lasagna served with salad, potato, vegetables, breads, dessert, coffee/tea.

Thursday, Sept 7th Neil Diamond & Friends

Experience some of the greatest hits from some of the greatest entertainers of all time – Neil Diamond & Friends will have you dancing and singing your day away. The renowned duo JOSAY AND PATTI have been wowing audiences worldwide with their vibrant performances. Castleton Banquet Center – Windham, NH and Plated Luncheon Includes: Apple Cranberry Cornbread Stuffed Chicken or Vegetarian Lasagna. Served with Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea.

Price: \$109.00pp

Thursday, September 21st The McCartney Years Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCartney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

Price: \$119.00pp

Wednesday, November 15th Mama Mia...Ultimate Tribute to ABBA

Performing ABBA's greatest hits from 1973 through 1983, DANCING DREAM, the Tribute to ABBA – precisely recreates all of the excitement and passion of their record-breaking 1979-80 world concert tour experience. "Dancing Queen", "Take a Chance on Me", "Fernando", "Waterloo", and "Super Trouper" are all the songs audiences will remember and love. Lake Pearl in Wrentham, MA with your choice of Plated Luncheon of Thanksgiving Dinner with the Fixings and Sides or Vegetarian Lasagna.

Price: \$115.00pp

May 5th -12th, 2023 8 Day/7night Boston to Bermuda Cruise

featuring the Sicilian Tenor on Board the Norwegian Pearl. Prices starting at \$1599pp with many extras included! (double occ. Cabin fare not including taxes, fees & transfers.

(Final payment was due on December 22, 2022)

Informational flyers available at the senior center or at: <https://www.wetravel.com/trips/hudson-ma-srs-the-sic-tenors-boston-to-bermuda-cruise-2023-copy-best-of-times-travel-bermuda-97748137>

Public Benefits:

Have you ever been screened for any public benefits that you might be eligible for? These programs range from Mass Health, to Prescription Advantage, to Mass Health Buy-in Programs that can assist with the cost of your Medicare Part B premiums. Each year the income and asset limits change, which means that you may not qualify one year, but, with the change in limits, you could possibly qualify the following year. For the year of 2023, there was a significant increase in the income guidelines for the Mass Health Buy-in Programs. With these programs, if eligible, it not

Check these current 2023 numbers below to see if you may qualify!

Medicare Savings Plans	Gross Monthly Income Limit*	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$2,309 (individual) \$3,123 (couple)	\$18,180 (individual) \$27,260 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$2,734 (individual) \$3,698 (couple)	\$18,180 (individual) \$27,260 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium and automatic full extra help with prescription costs

*Please note, some income and assets may not be counted the same, for example a primary residence and one vehicle are not counted as assets. Income and asset limits are subject to change annually.

only pays for your part B premium, but, also gives you automatic Extra Help which can be a huge savings for medication costs. If interested in learning more about these programs and possible eligibility, contact the Hudson Senior Center and asked to speak with Janice, Ana or Holly.

Reminder: Mass Health

Mass Health Covid protections were terminated at the end of April. This means that Mass Health will be sending eligibility reviews out to members that were receiving benefits through Mass Health during the pandemic. This is a way to determine if you can still continue to keep your coverage, or, if you no longer qualify for these benefits. If you receive a Mass Health eligibility review in the mail, do not just throw it out, contact the Senior Center and we can assist with completing this.

SNAP Recap:

SNAP emergency benefits were expected to end February 2023. (SNAP beneficiaries received an increase in benefits during the Covid pandemic). However, we were recently informed that for the months of April, May and June, SNAP recipients would continue to receive a higher than normal benefit to ease into the transition of the loss of the extra funds. After June's increased payment, how will this affect you? This means that your SNAP benefits will more than likely decrease, and you will only receive the amount of benefits you were determined eligible to receive, you will NO longer receive an increased benefit because of Covid. If you think your medical or housing expenses have increased, we can send proof of these expenses to the DTA to see if you can qualify for an increased SNAP benefit

State Extra SNAP Benefits

What is the state extra SNAP?

During COVID, households got extra SNAP at the beginning of each month to buy food. Due to federal action, the last payment was March 2, 2023. The state is funding extra SNAP benefits for 3 more months.



When will I get the state extra SNAP?

Payment Date	Monthly Benefit
April 7	March SNAP benefits
May 2	April SNAP benefits
June 2	May SNAP benefits



How much will I get in state extra SNAP?

You will get up to 40% of the difference between your normal monthly SNAP benefit amount and the maximum amount for your household size, with a minimum amount of \$38 a month.

You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult care costs.

Tell DTA About These Costs:



Upload a written note on DTA Connect



Call the DTA Assistance Line at 877-382-2363



Visit a DTA office or work with a community SNAP outreach partner: Mass.gov/ContactDTA

If you get SNAP, you can automatically participate in HIP!



HIP puts money back on your EBT card when you use SNAP to buy fruits and vegetables from HIP farm vendors. Depending on household size, you can get \$40 to \$80 a month.



Mass.gov/ExtraCOVIDSNAP



INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

PROGRAMA DA SEGURANÇA SOCIAL PARA AJUDAR COM O CUSTO DE MEDICAMENTOS DE RECEITA MÉDICA CHAMADO “LOW INCOME SUBSIDY (LIS)”

O programa ajuda com os prémios mensais do seguro para medicamentos “Part D” e com os custos dos medicamentos. A ajuda é baseada rendimento e bens da pessoa. Os limites máximos são os seguintes:

	Pessoa Solteira		Casal	
	Rendimento	Bens	Rendimentos	Bens
135% FPL	\$1,640 por mês	\$10,590	\$2,219 por mês	\$16,630
150% FPL	\$1,823 por mês	\$16,660	\$2,465 por mês	\$33,240

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão.

INFORMAÇÃO IMPORTANTE SOBRE OS BENEFÍCIOS DO SNAP

Benefícios SNAP adicionais

O que são os benefícios SNAP adicionais financiados pelo estado?

Durante a pandemia da COVID, as famílias receberam benefícios SNAP adicionais no início de cada mês para comprar alimentos. De acordo com as medidas do governo federal, a disponibilização dos benefícios foi encerrada em 2 de março de 2023. Por isso, o estado está fornecendo benefícios SNAP adicionais por 3 meses.

O valor habitual dos seus benefícios SNAP podem aumentar se você informar ao DTA que:

- Possui despesas médicas acima de \$ 35 por mês de qualquer pessoa em sua família SNAP com 60 anos ou mais ou portadora de deficiência,
- As despesas de moradia (com aluguel ou hipoteca) aumentaram, e
- Possui despesas com assistência a crianças ou adultos portadores de deficiência.

Informe sobre esses custos ao DTA:

- Envie uma mensagem no DTA Connect
- Ligue para a Central de Atendimento do DTA no número 877-382-2363
- Visite um escritório do DTA ou contate um parceiro de divulgação do SNAP: Mass.gov/ContactDTA

Se você recebe os benefícios SNAP, poderá também participar automaticamente do HIP!

O HIP reembolsa seu cartão EBT quando você usa o SNAP para comprar frutas e verduras dos fornecedores participantes. Dependendo do tamanho da sua família, você pode receber de \$ 40 a \$ 80 por mês.

O que são os benefícios SNAP adicionais financiados pelo estado? Durante a pandemia da COVID, as famílias receberam benefícios SNAP adicionais no início de cada mês para comprar alimentos. De acordo com as medidas do governo federal, a disponibilização dos benefícios foi encerrada em 2 de março de 2023. Por isso, o estado está fornecendo benefícios SNAP adicionais por 3 meses.

Se precisar ajuda com os seus benefícios do SNAP telefone para Ana Terra-Salomao – 978-568-9638 x 476

DATAS IMPORTANTES

Dias 3, 10, 17, 24 e 31 de Maio - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 9 de Maio – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 10 de Maio – Consulta grátis com o Advogado Bergeron a 1:00 da tarde. Telefone para reservar o seu lugar.

Dia 12 de Maio – Festa de Chá do Dia da Mãe no Senior Center às 11:00 da manhã. O menu é chá, sandes e doces. O custo é \$10.00 por pessoa. **Os bilhetes estarão a venda no Senior Center. Limitado a 50 pessoas.**

Dia 29 de Maio – O Senior Center estará fechado devido ao feriado de “Memorial Day”.

Dia 16 de Junho – Almoço para o Dia dos Pais às 12:00 da tarde no Senior Center. O custo é \$10.00 por pessoa. **Os bilhetes estarão a venda no Senior Center a partir do dia 17 de Maio. Limitado a 50 pessoas.**

NOTE: THIS PAGE IS BEING TRANSLATED FOR NON-ENGLISH SPEAKING SENIORS AND IS THE SAME INFORMATION FOUND IN THE NEWSLETTER FOR ALL SENIORS!

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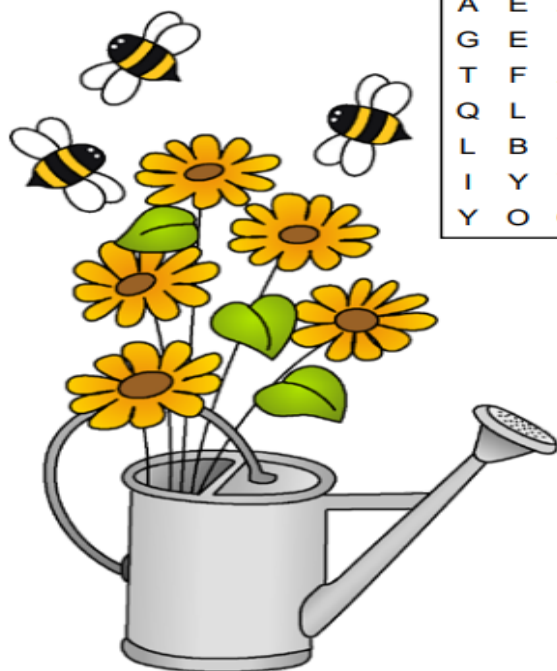
DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS

MERRY MONTH OF MAY

Word Search

E	B	H	C	Q	Q	U	Z	O	K	W	G	E	M	I	N	I	P	J
N	O	Y	A	M	E	D	O	C	N	I	C	S	G	O	G	D	J	Y
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GARDEN
GEMINI
GREEN
LADYBUG
LAWNMOWER
MAYPOLE
MEMORIAL DAY
MOM

MOTHER'S DAY
PIÑATA
PLANT
SEEDS
SPRING
SUNSHINE
TAURUS
TEACHER



Monday	Tuesday	Wednesday	Thursday	Friday
1 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 01:00p Bereavement Group	2 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess	3 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 12:30p Bingo 01:00p COA Brd Mting 01:00p Self Empowered Living	4 08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak	5 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Pollinators Seminar
8 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:30p Movie Day	9 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	10 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 12:30p Bingo 01:00p Bergeron Advice 01:00p Self Empowered Living	11 08:00a Library 08:30a Billiards 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	12 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 11:00a Mothers Day Tea Party 12:15p Scrabble 01:00p Bridge
15 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Hiking Trip 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 01:00p Bereavement Group	16 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	17 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 10:00a Tech Support 10:30a Genealogy 11:30a AM Zumba 12:30p Bingo 01:00p Self Empowered Living	18 08:00a Library 08:30a Billiards 09:00a Advances in Military Equipment 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 01:00p Parkinsons Exer. pm	19 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge
22 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:30p Movie Day	23 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	24 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 12:30p Bingo 01:00p Self Empowered Living	25 08:00a Library 08:30a Billiards 09:00a Food Shopping 09:00a Mat Pilates 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	26 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge
29 08:00a CENTER CLOSED	30 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:00a Quench your Thirst 10:30a Zoom Parkinsons class 01:00p Chess	31 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 12:30p Bingo		