

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
- John Wesinger, 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:

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



The Mass PFAS Act

This legislative session, Rep. Hogan and Sen. Cyr jointly filed H.2197, *An Act to protect Massachusetts public health from PFAS*, or the Mass PFAS Act. This comprehensive bill advances many recommendations from the Legislature's PFAS Interagency Task Force, which was led by Representative Hogan and Senator Cyr, and aims to clean up existing PFAS contamination and prevent future contamination in the Commonwealth. Often called 'forever chemicals,' PFAS are a class of chemicals known for their environmental persistence and are used in a wide range of industrial applications and consumer products, including firefighter turnout gear. As a result of PFAS contamination in water supplies, consumer products, air, and other exposure pathways, the CDC estimates most U.S. residents have PFAS in their blood, which can lead to significant health risks. In Massachusetts, the Department of Environmental Protection and the Department of Public Health have detected PFAS in public drinking water systems, private wells, rivers, and fish.

The Mass PFAS Act builds upon current efforts to identify, clean up, and prevent PFAS contamination in the Commonwealth. It would:

Establish a PFAS Remediation Trust Fund to assist impacted communities, water systems, and individuals with the high cost of cleaning up existing PFAS contamination. Although the state and federal government offer loans and grants to public water systems through the state revolving funds, there is still a gap between the needs of our communities and the assistance that is available to them. For example, the PFAS Remediation Trust Fund could assist homeowners with funding for PFAS testing and home water treatment systems for private wells, which is not currently available for these users.

Other measures in the legislation include outreach and education for environmental justice communities, broader public awareness campaigns, and guidance for health care providers.

The Mass PFAS Act also establishes a **timeline to phase out PFAS** in food packaging and consumer products, restrict PFAS in wastewater discharges, and limit the use of firefighting foam containing intentionally added PFAS.

To **support our firefighters**, who put their lives on the line to protect us, the Mass PFAS Act establishes a timeline to phase out PFAS in firefighting gear and directs the Department of Public Health to collect and report data related to occupational exposure to PFAS.

Passing the Mass PFAS Act would make Massachusetts a leader in protecting our residents and the environment from these toxic chemicals.

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.repkatehogan.com and @RepKateHoga on Facebook and Twitter.

Upcoming Office Hours: September 12, 6-7 pm at the Hudson Public Library

Hello to Everyone



I cannot believe it is August already! Let's hope it is not as hot as July. We are sure to have some hot days in August, so if you do not have air conditioning or inadequate air conditioning, call the senior center. We are happy to pick you up to cool off at our center. You can relax in our library or engage in activities going on for the day. Give us a call. In July, we had our Friends Annual Cook Out at the Marlborough Fish and Game. I would like to thank our Friends Organization for another great event. We had about 100 people in attendance and DJ George Lawton provided background and dancing music for a great time.

The Hudson Senior Center has great numbers to report for fiscal year 2023 (July 1, 2022 – June 31, 2023)

I am very happy to report that we had a significant increase in participation in all areas at the Senior Center in fiscal year 2023. Our transportation provided 151 seniors a total of 4784 rides between Hudson and Marlborough, Social Services saw 1187 seniors over 5000 times, 1016 people attend our many events/programs 16,660 times and 184 people enjoyed day trips such as the Encore Casino, Charles River Tour with lunch, and Bee Gees Tribute. The Senior Center provided social service, programs, events, rides, etc. to 1928 individual seniors over 27,635 times in FY23. Thank you to our wonderful staff, fitness instructors, and wellness instructors, meals on wheels drivers and more for doing such an outstanding job and helping so many people!!

~Janice

GOT TRIVIA???? Trivia with Claire and Cheryl Monday, August 14th 1pm-2pm At the Hudson Senior Center



Join Claire and Cheryl for fun and entertainment. We will journey through time with Trivia Questions on History, Movies, Broadway Shows, Music, TV etc. There will also be music to help you solve these questions. You will laugh at the antics this game will produce. Snacks will be provided by the Senior Center.

JEOPARDY BEWARE!!!!!! YOUR NEWEST COMPETITION IS HERE IN HUDSON!!!
Call to sign up!!



Hiking Day at Delaney Pond Monday, August 14th at 9:00am Meet at the Senior Center and follow to Delaney Pond Bring walking sticks and appropriate attire Call to sign up!

Grab and Go meal from Stevie's Café Friday, August 18th

Pick up at the Senior Center at 12 Noon

Stevie's delicious chicken bacon ranch sandwich with chips and cookie.
Cost to you is \$5.00.

Sign-ups start on Thursday, August 3rd. Limited to 75 people



**Ice Cream Social with all the toppings
and**



**Discussion on outdoor recreation needs for older residents in Hudson
Friday, August 25th at 1:00 pm at the Senior Center**

Please join us for our second ice cream social this summer! We will also have Krista Moravec, Senior Planner from the Horsley Witten Group, join us for a short period of time to talk about open spaces and recreation needs in Hudson. She is specifically looking for ***your*** input on what seniors want or need in outdoor recreation spaces. Do our outdoor spaces meet the needs of older residents? How can recreation areas be more accessible? You all have such great ideas so please come, share your thoughts and concerns and enjoy an ice cream sundae with your friends!

Please call to sign up for this fun event! Limited to 45 people

**A little Music Trivia, Karaoke & Sing-a-long
with DJ Al Barese**

Tuesday, Aug 29 at 12:00 noon

Join us for a boxed lunch from Buffet Way, and entertainment with Hudson's Al Barese. This will be informal and fun. **Lunch will be a choice of:** a cold sandwich with turkey, stuffing, cranberry sauce and mayonnaise on wheat bread, fruit salad and cookies **or** 6 oz grilled chicken Cesar salad, dinner roll and fruit salad. Cost to you is \$10.00 for lunch and entertainment.

Signs up for this event starts on Thursday, August 3rd. Limited to 50 people



FREE MINDFUL LIVING WITH MEDITATION SERIES

With Lisa Campbell

**Every Tuesday starting Tuesday, Sept 5th and ending Tuesday, Sept 26th
2:00 to 3:00 pm**

Explore mindfulness practices that help us connect with our bodies, become more aware of our emotions, improve focus, and cultivate compassion. Includes a guided meditation, opportunity for reflection, and a "takeaway" for integrating mindfulness into everyday life. This class is suitable for all. This class is paid for through the American Rescue Plan Act of 2021, also known as ARPA Funds.

Please call to sign up, we need a minimum of 5 people and will cap it at 15 people.

**The U.S. Army Combat Capabilities Development Command Soldier Center
returns to the Hudson Senior Center on Thursday, Sept 14th at 9:30am**

Evolution of Military Combat Rations

On Thursday, Sept 14th at 9:30 AM, representatives from the US Army Combat Capabilities Development Command – Soldier Center (DEVCOM-SC) will provide a unique presentation on the Evolution of Military Combat Rations. Mr. David Accetta and Ms. Lauren Oleksyk will take you on a historical journey from the Army's origin in 1775 through the present day and into the future, outlining how field rations evolved along the way to meet the changing needs of US troops. Current field rations will also be on display. Please call to sign up for this informative presentation!

Osteoporosis Workshop With Kevin Flaherty

Physical Therapist and owner of Flaherty Physical Therapy
Tuesday, September 19th, 2023 at 1 pm at the Hudson Senior Center

This will be an interactive workshop where attendees will learn more about Osteoporosis and how exercise, proper posture and general fitness can help to slow the progression of this troubling bone disease. Attendees will learn how those symptoms are caused, what you can do about it at home and whether physical therapy will be a good fit. Kevin Flaherty, PT will present on the topics noted. Each participant will leave with instructions on 5 easy exercises to start at home later that same day! You must sign up for this event.

Kevin Flaherty is a Physical Therapist with over 32 years of working with a wide variety of lower back issues and is the owner of Flaherty Physical Therapy with offices in Hudson and Northborough.

The Hudson Senior Center presents the Worcester Men of Song Wednesday evening, September 20, at 7 PM At the Hudson Senior Center



The Worcester Men of Song chorus and quartets will proudly present a 1-hour concert of Barbershop music. They are pleased to add Hudson to their list of performance venues. The chorus has recently performed for the Westborough Senior Center, Christopher Heights in Webster, Worcester Memorial Park in Paxton and sang the National Anthem at the Braveheart's game on August 5th. Please join us for this 1-hour concert. **Cost to you is \$5.00**

Make a Beautiful Pumpkin door hanging with Susan Rondeau



Friday, September 22nd at 1pm or Friday, September 29th at 1pm
Join Susan for a pretty pumpkin door hanging craft. You will need to bring scissors and wire cutters if you have a pair. Class size is limited to 13 on Friday, Sept 22nd and 12 on Friday, Sept 29th. **Cost to you is \$10.00.**



“VETS TALK” A program for Veterans

Thursday, August 3rd, 10th, 17th & 31st 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.

The Hudson Public Library offers a free door-to-door delivery service

This service is for **Hudson residents** who are experiencing short-term or long-term limitations related to age, transportation, or health and wellness. A valid library card or registering for one is required. To enroll, please complete the online registration at huds.pl/d2d. For additional info or assistance, please contact the Circulation Department at 978-568-9644 or email Nancy at ndelvecc@cwmars.org.



Transportation News...

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



Tuesdays & Thursdays

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaws or Walmart: pick-ups beginning at 10am



Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments
Seatbelts must also be worn

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 Michelle 9:30am- 11am
- ❖ 5th Thursday with Kathy 9:30am- 11am

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)

Hot Menu

Cold Menu

WEDNESDAY	THURSDAY	WEDNESDAY	THURSDAY
<p>*Stuffed Shells w/ Tomato Sauce (626) Chicken Meatball (70) Tuscany Blend Vegetables (47) Low Sodium Multigrain Bread(150), Fresh Fruit Calories 704/Sodium 1049mg</p>	<p>3 Hamburger (259) O'Brien Potatoes (32) Green Beans (3) Hamburger Roll (80) Ketchup (82) Pineapple (9) Calories 810/Sodium 874mg</p>	<p>2 Roast Beef (233), Swiss Cheese(35) Mayonnaise (64), Lettuce Leaf Quinoa Tabbouleh Salad (28) Broccoli Slaw(145) Low Sodium Wheat Bread (65) Diet Chocolate Pudding w/ Topping (142) Calories 763/Sodium 910mg</p>	<p>3 *Vegetarian Chef Salad (555) Italian Dressing Sweet Potato Salad (60) Snack Loaf Muffin (160) Fresh Orange Calories 740/Sodium 930mg</p>
<p>9 Unstuffed Pepper Casserole (224) Tuscany Blend Vegetables (47) Low Sodium Multigrain Bread(150), Fresh Pear Calories 683/Sodium 577mg</p>	<p>10 Salmon Loin w/ Lemon Garlic Cream Sauce (313) Mashed Potatoes (68) Zucchini & Cauliflower(6) Low Sodium Wheat Bread (90) Peaches (8) Calories 747/Sodium 639mg</p>	<p>9 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf Beet Salad (143) Macaroni Salad (138) Low Sodium Multigrain Bread(135), Fresh Orange Calories 851/Sodium 1180mg</p>	<p>10 Egg Salad (130) Over Tossed Garden Salad Italian Dressing (168) Garden Shell Pasta Salad Snack Loaf Muffin (160) Lorna Doones (100) Calories 894/Sodium 884mg</p>
<p>16 SUMMER SPECIAL *BBQ Chicken (662) Macaroni & Cheese (199) Coleslaw (45) Corn Bread Loaf (180) Watermelon (2) High Sodium Day Calories 801/Sodium 1283</p>	<p>17 *Ravioli w/ Tomato Sauce (544) Brussel Sprouts (17) Low Sodium Multigrain (150) Cupcake (170) Calories 713/Sodium 1036mg</p>	<p>16 Tuna Salad (241) Lettuce Leaf Sweet Potato Salad (60) Zucchini Salad (64) Low Sodium Wheat Bread (65) Fresh Fruit Orange Calories 621/Sodium 670mg</p>	<p>17 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf Balsamic Pasta Salad (14) Cole Slaw (45) Multigrain Bread (300) Mixed Fruit (3) Calories 815/Sodium 979mg</p>
<p>23 Breaded Fish Sandwich (190) Cheddar Cheese (185) Tartar Sauce (70) Whipped Sweet Potatoes (27) Tuscany Blend Vegetables (47) Hamburger Roll (180) Pineapple (9) Calories 808/Sodium 833mg</p>	<p>24 *Roast Turkey w/ Gravy (617) Mashed Potatoes (68) Fiesta Blend Vegetables(23) Low Sodium Wheat Bread (90) Cranberry Sauce (1) Mixed Fruit (3) Calories 682/Sodium 957mg</p>	<p>23 California Chicken Salad (70) Lettuce Leaf Cole Slaw (45) Balsamic Pasta Salad (14) Low Sodium Wheat Bread (180) Peaches (8) Calories 778/Sodium 442mg</p>	<p>24 Roast Beef (233), Provolone (116) Mayonnaise (64), Lettuce Leaf Beet Salad (143) Potato Salad (100) Low Sodium Wheat Bread (180) Mandarin Oranges(7) Calories 814/Sodium 907mg</p>
<p>30 *Hot Dog (550) Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll (165) Ketchup, Mustard, Relish Fresh Fruit Calories 872/Sodium 1026mg</p>	<p>31 Meatloaf (116) w/ Gravy (46) Mashed Potatoes (68) Carrots (77) Wheat Dinner Roll (180) Mixed Fruit (3) Calories 948/Sodium 645mg</p>	<p>30 *Vegetarian Chef Salad (555) Lite Italian Dressing (156) Italian Pasta Salad (138) Wheat Dinner Roll (180) Mandarin Oranges(7) Calories 769/Sodium 1034mg</p>	<p>31 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf, Potato Salad(100) Squash, Zucchini, Red Onion Salad (6), Multigrain Bread (300), Diet Chocolate Pudding w/ Topping (142) Calories 790/Sodium 1148mg</p>

Suggested Voluntary Donation of \$3

Menu is subject to change

"Movie Day" at the Center

Here is the listing for the movies in August. 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, August 21st & Tuesday, August 22nd – *About My Father*



The hottest comic in America, Sebastian Maniscalco joins forces with legendary Italian-American and two-time Oscar winner, Robert De Niro, in the new comedy ABOUT MY FATHER. The film centers around Sebastian (Maniscalco) who is encouraged by his fiancée (Leslie Bibb) to bring his immigrant, hairdresser father, Salvo (De Niro), to a weekend get-together with her super-rich and exceedingly eccentric family (Kim Cattrall, Anders Holm, Brett Dier, David Rasche). The weekend develops into what can only be described as a culture clash, leaving Sebastian and Salvo to discover that the great thing about family is everything about family.

Rating: PG-13 Runtime: 1hr 29min



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, August 7th & 21st at 1pm

Caregivers Support Group

Thursday, August 10th & 24th at 1pm

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 Springwell Elder Services.

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.



Brass at Twilight!

Pompositticut Farm

August 19, 2023 5-7 p.m.

On Saturday, August 19, 2023 at 5 pm, Patrick Foley (SPM player and Music Director of Northbridge Brass Endeavors) will lead a brass ensemble (SPM brass members and friends) in a program called "Brass at Twilight." The performance will take place at the beautiful Pompositticut Farm at [25 Lewis Street, Hudson, MA.](https://www.symphonypromusica.org)

The cost is a reasonable \$20 per carload (\$25 at the gate), and you can buy tickets at

<https://www.symphonypromusica.org>

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 (No Class the week of Aug 21st)*
- **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**

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 – Cost: \$10/month**
- **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) *(No Class Aug 24th)*
- **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 (No Class the week of Aug 21st)*

- **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/month (No Class August 16th)**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. (No Class Aug 24th)**
- **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.*

WHAT NEEDS TO BE DONE AFTER SOMEONE HAS DIED

Usually, after your spouse, parent, relative, or friend has died, there is no legal issue that needs to be dealt with immediately. So, if you are the one responsible for taking care of the affairs of the deceased, don't feel that you need to do anything in a hurry. Grieve. Breathe. Take some time for yourself. Then, when you are ready to deal with this, see a lawyer. There may be nothing to do.

There may be a lot to do. Only a lawyer will know what you need to do based on the assets and situation of the person who died. That said, here are a few tips regarding issues that often come up.

- **DEALING WITH THE CAR.** If you are the spouse of a person who died owning a car, you can simply go to the Registry of Motor Vehicles with a death certificate and fill out a form. The Registry will then transfer title to the car into your name. Otherwise (unfortunately), you will need to probate the estate and get an appointment from the Probate Court to give you authority to transfer title and registration to the person who inherits the car. Your lawyer can help you figure that out.
- If you and your spouse (or someone else) owned real estate jointly, when the deceased person died, his or her interest in the property ended and you became the sole owner. You need to file a death certificate in the Registry of Deeds to prove that. At the moment of death, though, Massachusetts immediately imposed a tax lien on the real estate to assure that any estate tax due gets paid. In most cases, you can remove that lien by filing an affidavit with the Registry indicating that the deceased did not need to file an estate tax return. In other cases, a Massachusetts estate tax return must be filed and a tax must be paid. Once again, talk to the lawyer about this.
- As with the real estate, any other assets of the deceased that were held jointly with you automatically became yours.
- Assets that were in the sole name of the deceased, like bank accounts, stock, other real estate, or other things, became part of their probate estate and can only be accessed by someone who has been appointed by the probate court as the decedent's personal representative (formerly called the Executor or Executrix).
- While the "stuff" in the house or apartment of the deceased (called tangible personal property) is technically a probate asset, typically those items do not have a "title" that needs to be transferred and simply get divided up or disposed of by the family or other heirs of the estate without the need for probate. If there is a fight about any of this, though, the Probate Court will decide who gets what.

In general, unless Probate Court action is needed or there are trust assets or other more complex things to be dealt with, your lawyer's involvement and your legal bill should be relatively small. Once you have stopped grieving, though, you should talk to a lawyer just to make sure you have not missed anything, or to discuss updating your own estate planning now. It will help you sleep better. 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, September 13th from 1:30pm 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



Genealogy Family Research with Charles Corley at the Senior Center

No Genealogy for the Summer

September 20th at 10:30am

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

Creative Groups

Craft Group

Mondays 12:00-3:00pm

Do you have an unfinished craft project that you would like to see completed? Bring it with you and work on it in a creative environment with a lot of laughter thrown in.

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

These ladies work wonders with all kinds of yarn.
Come share your talent and ideas with them.

2nd Floor - Craft Room

Memoir Group

We have a writing group that meets at our center every Friday afternoon from 1-3pm. Walk-ins are also welcome to join this group and perfect your writing skills.

Open Painting Studio

Tuesdays 10:00-12:00pm

No teacher, but creative artists, willing to support others and work in different mediums of painting.

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

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

2nd Floor - Craft Room

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.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:30-3pm

Chess

Tuesdays 1:00pm

Cribbage

Mon. Tues. Wed. & Fri. 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Pool Room



Mon. – Fri. 8:30-3:30pm

Game of Pool anyone?
2 tables available.

Scrabble

Fridays 12:15pm



Gift Shoppe

Open: Thursdays 9:30-12:30pm

Volunteer Opportunities

- Handmade items for the Shoppe appreciated.
- Volunteers to work a 3-hour shift on Mondays or Wednesday 9:30-12:30pm

Please leave your contact information with the front desk and someone will be in touch.

Thank you for your support.

Message from the Friends...

Next Friends Meeting: Tuesday, September 12th 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 Trips 2023

Tuesday, August 8th Newport Playhouse Lobsterfest ****(New Date)****

Some spots now available due to date change. Please call ASAP

Enjoy a lunch buffet which includes, 1 1/4 lb. Boiled lobster, Mussels, corn on the cob, Roasted Chicken, BBQ Chicken and much more. You will also enjoy a cabaret and the play, "Norman Is That You" about a dry cleaner visits his son in New York after having an argument with his wife. He finds his son living with a male roommate. The father is stubborn and irascible, and his struggle to accept the situation is hilarious. He finds a lady of the night to get Norman on the "right" track. "One laugh after another!" (Bus Driver tip is not included)

Special Price: \$100.00pp

Wednesday, Sept 6th Neil Diamond & Friends ****(New date and Location)****

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. Lake Pearl-Wrentham, MA 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

Farmer's Market Coupons:

Please be aware that we have a limited amount of farmer's market coupons available. These can be used with participating farmers at approved Massachusetts Farmer's Markets, to purchase Fruits, Vegetables, Fresh cut herbs and honey. These are \$50 booklets that can be used through October 31. These coupons cannot be used at the grocery store. Income guidelines do apply. Please contact Ana or Holly for eligibility and availability of coupons. For individuals the gross income limit is \$2,248, for a couple it is \$3,041.

SMOC update: It's that time of year again, to re-apply for your SMOC fuel assistance benefit. Yes, we are in the middle of the summer, but the winter will be here before you know it! Please be advised that we have not yet been given the income guidelines for this upcoming season, this will be posted in a future newsletter once this information has been made available to us. For applicants that are reapplying for this heating season, be on the lookout as they will start to send out your recertification applications in the coming month or so. If you would like assistance in completing these applications, you can contact the Hudson Senior Center at 978-568-9638 and schedule an appointment with Ana, Holly or Janice. We will update you if there are any changes. Please be advised that as a NEW applicant, the heating season does not begin until November, and applications to apply for the first time are not available until closer to that time. There is NO age limit on this program, anyone can apply for this whether they are a senior or not.

Open Enrollment: In the next few months most of you will start to see an increase in mail from different insurance companies promoting their product; that must mean it's almost time for the Open Enrollment Period. As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. The Open Enrollment Period is from October 15th through December 7th each year. This is the time that you can make any changes to your plan for the following year, 2024. We will be sending out the Pre-enrollment form in our October newsletter as we have in the past, in attempt to gather information from you about your current plan.

Drug Take Back Kiosk

Although I did write about this last month, I want to keep this in as a reminder, because I think this is very important! The Hudson Police Department is a recipient site for unused and expired medications. Located in the lobby area of the Police Station, 911 Municipal Drive, Hudson (near the Fire Station and DPW Headquarters) there is a kiosk where you can properly dispose of your unwanted medications in a safe manner. The Police Department will then properly dispose of these medications safely and appropriately. The Police Station is opened 24 hours a day, 7 days a week.

Acceptable Items: Prescription medications, Over the Counter medications, Medications for pets,
Vitamins

Not acceptable items Hydrogen Peroxide, Inhalers, Aerosol Cans, Ointments/Lotions/Liquids,
Needles

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDA À SEXTA DAS 9:30 DA MANHÃ ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

SEGURO SUPLEMENTAR GRÁTIS CHAMADO “PRESCRIPTION ADVANTAGE”

O “Prescription Advantage” é um seguro suplementar grátis do Estado de Massachusetts que ajuda os residentes que têm Medicare. O “Prescription Advantage” pode ajudá-lo a pagar parte do custo dos medicamentos quando esta no “donut hole/gap”. Dependendo do seu rendimento e dos seus medicamentos. Um pessoa solteira pode fazer até \$3,645 mensalmente e pessoas casadas podem fazer até \$4,930 mensalmente. Para obter mais informações telefone para o Senior Center e fale com Ana Terra-Salomão.

DATAS IMPORTANTES

Dias 2, 9, 16, 23 e 30 de Agosto – Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 8 de Agosto - Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 18 de Agosto – Almoço “Grab and Go” às 12:00 da tarde no Senior Center. O menu será uma sandes de galinha com chips e uma bolacha. O custo é \$5.00 por pessoa. **Telefone para o Senior Center – 978-568-9638, a partir do dia 3 de Agosto para reservar o seu almoço. Limitado a 75 pessoas.**

Dia 25 de Agosto – Gelados grátis (Ice Cream Social) no Senior Center à 1:00 da tarde. Telefone para reservar o seu lugar. **Limitado a 45 pessoas.**

Dia 29 de Agosto- Almoço, Música e Karaoke com DJ Al Barese às 12:00 da tarde. O custo é \$10.00 por pessoa. **Bilhetes a venda a partir do dia 3 de Agosto. Limitado a 50 pessoas.**

Dia 4 de Setembro – O Senior Center esta fechado para o feriado do “Labor Day”.

Dia 13 de Setembro – Consulta grátis com o Advogado Bergeron da 1:00 às 3:00 da tarde (15 minutos de consulta). Telefone para o Senior Center para marcar o seu apontamento.

QUERO LEMBRAR A TODOS OS CLIENTES QUE NÃO VOU ESTAR NO ESCRITÓRIO DESE DO DIA 31 DE JULHO ATÉ O DIA 4 DE AGOSTO E DESSE DO DIA 28 DE AGOSTO ATÉ O DIA 1 DE SETEMBRO DE 2023.

I WOULD LIKE TO REMIND ALL CLIENTS THAT I WILL BE ON VACATION FROM JULY 31 to AUGUST 4, 2023 AND FROM AUGUST 28 to SETEMBER 1, 2023.

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

		3	9					
				6	8		2	
	5			4	3	9		
			5			4	8	
				9		7		
					4		3	9
		8	7	2	6			
								6
4						3		

2	7	1				3		9
				2	1		8	
8	4	5	9	3				6
1								
5			6	9	3			
					2	8	5	
6						9		
			8	5		7	1	2



AUGUST

Word Search Puzzle



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

Find these words related to the month of August

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST


KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET



Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</div> <div>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</div>	<div>2</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo</div>	<div>3</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 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 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</div>	<div>4</div> <div>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</div>
<div>7</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong 01:00p Bereavement Group</div>	<div>8</div> <div>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</div>	<div>9</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p Bergeron Advice</div>	<div>10</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 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 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</div>	<div>11</div> <div>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</div>
<div>14</div> <div>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 Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong 01:00p TRIVIA</div>	<div>15</div> <div>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</div>	<div>16</div> <div>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 11:30a Lunch at Center 12:30p Bingo</div>	<div>17</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 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 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</div>	<div>18</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:00p Grab and Go Lunch 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</div>
<div>21</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</div>	<div>22</div> <div>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</div>	<div>23</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo</div>	<div>24</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 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 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</div>	<div>25</div> <div>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 Ice cream social</div>
<div>28</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong</div>	<div>29</div> <div>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 12:00p Music with Al Barese 01:00p Chess</div>	<div>30</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo</div>	<div>31</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 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 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</div>	