

**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.

Celebrating Women's History

March is recognized as National Women's History month – a time when we champion women across the nation and their efforts to make the country, and world, a better place for women of all ages and races.



This month we also celebrate the International Day of Women (March 8) and the social, economic, and political achievements of women around the world.

Here in Massachusetts, we have much to celebrate!

For the first time in our state's history, Massachusetts has elected an all-female executive team, including Governor Maura Healey, (first woman and first openly gay elected governor), Lieutenant Governor Kim Driscoll, Attorney General-elect Andrea J. Campbell, (first black woman to hold this constitutional office), State Auditor Diana DiZogio (only the second woman ever to hold this position), Treasurer of Massachusetts Deborah Goldberg (second-longest-serving treasurer in Massachusetts history) and Boston Mayor Michelle Wu, (first woman and first person of color to be elected as Boston's mayor). The number of women who won statewide offices this year marks a milestone in the Commonwealth's history.

As we honor the women who came before us, I want to express my gratitude for the women who preceded me in office.

As a state legislator for the Third Middlesex District, I stand upon the shoulders and am particularly grateful for the work of Pat Walrath and Pam Resor. Pat Walrath preceded me and served for 24 years as the state representative for Bolton, Hudson, Maynard and Stow. In the legislature, she had a hand in drafting the Commonwealth's landmark health care law and co-sponsoring the \$200 million Devens redevelopment bill. Pam Resor served for nearly 20 years – first as a state representative for the 14th Middlesex District and then as the state senator for the Middlesex and Worcester District. Among her many accomplishments in office, Resor helped to pass the Community Preservation Act, a regional greenhouse gas initiative, and the Safe Alternatives to Toxic Chemicals, which would replace toxic chemicals with safer, greener options. In addition to their time in the Legislature, both women devoted years of distinguished service to their communities in other elected and volunteer roles.

There are many ways to delve into women's history in our region. Legislation passed recently to create a Women's Rights History Trail program promoting education and awareness of the struggle for women's rights in Massachusetts. In Stow, the Historical Society and local author Marilyn Taylor Zavorski have documented the stories and the local women behind the women's suffrage movement.

I hope you will join me in recalling and honoring the important contributions of so many women who came before us and their efforts to establish equality among all races and genders.

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 @RepKateHogan on Facebook and Twitter.

Upcoming Office Hours: March 14, 6-7 pm at the Hudson Public Library, Tavares Room

Hello to Everyone,

The Hudson Senior Center will host a presentation on:

Stormwater Management and How it Impacts All of Us
Thursday, March 23rd 6:00-8:00 pm presented by Hudson DPW
At the Hudson Senior Center

They will address:

- Stormwater quality, what that means to us and how to improve it
- How we can all help reduce stormwater pollution
- Stormwater quantity and how that impacts operations
- Regulatory requirements from the EPA (Environmental Protection Agency) for the Town of Hudson and what that means.
- The costs of stormwater management
- Question and answers

Please join us for sandwiches and light refreshments for this informative discussion.
You must register for this event by calling 978-568-9638 to reserve your spot.

In last month's newsletter we informed you that as of April 1, 2023 all current MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. **These renewals will take place over 12 months.**

If MassHealth has enough information to confirm your eligibility, your coverage will be renewed automatically. If not, MassHealth will send a renewal form in a **blue envelope** to the mailing address they have on file.

What you need to do now:

- **Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth.** If they are not able to contact you when you are selected for renewal your coverage may change or you may lose your coverage.
- **Report any household changes.** Please continue to report any changes in your household, like a new job, address, changes to your income, disability status, or pregnancy. MassHealth wants to make sure they have the latest information for you and all members of your household.
- Update your information and report changes using your [MA Login Account](#) at <http://www.mahix.org/individual>. Don't have an account? To create one call MassHealth Customer Service at (844) 365-1841.

If you have any questions regarding your MassHealth coverage or if you lost coverage please call MassHealth Customer Service at (800) 841-2900.

You can also call the Hudson Senior Center and ask for Holly, Ana or Janice for help.



**Assabet Technical High School's Tech Savvy students are back again to
answer your technology questions
Friday, March 24th 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 **Ipads, 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. **Call the Center at 978-568-9638 to reserve your seat.**



St. Patrick's Day Luncheon at Assabet's Epicurean Room



Tuesday, March 14th at noon

Corned beef, cabbage, carrots, potatoes, Irish bread, salad and
a dessert buffet. **Cost to you is \$10.00**

Limited to 85 people

Sign-ups and payment in person start Wednesday, March 8th

The History of the American Battle Rifle 1775-1975



Presenter: Andy Massa

Date: Thursday, March 16th

Location: Hudson Senior Center

Time: 9:30 am

A presentation on the evolution and development of Battle Rifles used by US Forces from the Revolutionary War to the Gulf War. Andy's collection of firearms will be on display, presented and discussed in detail. Firearms to be displayed include: Revolutionary Flint Locks, Civil War Percussions, the Springfield's and Enfield's of WWI and of course the rifles of WWII (M1) and Viet Nam (M14 & M16).

Please call 978-568-9638 to sign up for this. Light refreshments will be served. Thank you.



Hiking / Snowshoe Day

Thursday, March 9th at Rattlesnake Hill on 117 in Bolton at 10:30am.

On Route 117 going towards Stow pass Slaters restaurant on right about 1 mile down on left there is a small dirt parking lot with a brown sign Bolton Lime Quarry park here.

If you come to Bolton Spring's Farm on left you went too far right before on left side.

If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center. Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles so Gary can have the equipment at the site. All hikers must sign a waiver before participating. Call to sign up!

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

Transportation News...



Food Shopping Day : Tuesdays (Shopping will change to Wednesday March 8th only)



- 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 and Medical Appointments

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

Uber Health

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.



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.

Caregivers Support Group

Thursday, March 9th at 1pm

A monthly Caregivers Support Group the **second Thursday of every month**. 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.

Bereavement Group

Monday, March 20th 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.

AARP Tax Help



AARP Foundation Tax-Aide will again partner with the Hudson Senior Center to offer free income tax assistance and filing. Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns except for returns with rental income, crypto-currency exchanges, and other less common types of items. For a complete list of what we can help with and documents needed to complete a tax return, visit [//aarpfoundation.org/taxaide](https://aarpfoundation.org/taxaide). The volunteers work hard to make sure you get every tax credit and deduction you have earned, especially the Massachusetts Senior Circuit Breaker credit of up to \$1200 for eligible seniors. **The program does not discriminate in any way, but is intended for low to moderate income taxpayers, with a focus on the elderly. Volunteers will offer in-person service at the Hudson Senior Center on Tuesday mornings from February 7 thru April 11. Appointments are required! Call 978-568-9638 (front desk)**

AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service, annually servicing over 1.25 million taxpayers who receive over \$1 billion in income tax refunds.

Movie Day" at the Center



Here is the listing for the movies in March. 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, March 6th & Friday, March 10th – *I Wanna Dance with Somebody*



This triumphant celebration of the incomparable Whitney Houston is the untold story of the complex and multifaceted woman behind The Voice. From New Jersey choir girl to one of the best-selling and most awarded recording artists of all time, follow the inspirational, poignant—and so emotional—journey through Houston's trailblazing life and career, with show-stopping performances and a soundtrack of the icon's most beloved hits as you've never heard them before. *Rating: PG-13 Runtime: 2hr 24min*

Monday, March 20th & Friday, March 24th – *A Man Called Otto*



Based on the comical and moving #1 New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heartwarming story about how some families come from the most unexpected places. *Rating: PG-13 Runtime: 2hr 5min*



The Hudson Public Library and Senior Center will present the award-winning documentary: *The Unimaginable Journey of Peter Ertel*

In the midst of great evil it is the courageous man or woman who refuses to succumb, and Peter Ertel was one such man. Forced to serve in the German army despite his open contempt for the Nazis and his refusal to kill the enemy, Ertel would not only miraculously survive World War II but would also be regarded as family by his Jewish employers. THE UNIMAGINABLE JOURNEY OF PETER ERTEL is a riveting, award-winning account of the life of a man who defied insurmountable odds in an unforgiving environment and who later found peace in America. This film combines archive footage – much of which has never before been shown – with Ertel's own brave telling of his extraordinary odyssey. A true story so bold, brave, and beautiful it will restore your faith that humanity can survive even the darkest of days. Please see trailer at:

<https://www.peterertelfilm.com/press-kit-trailer>

You can see this documentary at the
Hudson Public Library

Saturday, March 11th at 2pm – 3:45 pm

Please call the Library at 978-568-9644 or visit huds.pl/event to sign up

or

Monday, March 13th at 10:30am-12:15pm

Please call the Senior Center at 978-568-9638 to sign up

*** Following the showing at the Senior Center, approx. 12:30pm, we will have a Question and Answer period with the Film's Producer Joe Cahn via Zoom. People who see the documentary at the Library on Saturday will also get the zoom invite for the Q and A with the film's producer for Monday at 12:30. *****

“VETS TALK” A program for Veterans



Thursday, March 2nd, 9th, 16th & 30th 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.



Sounds of Stow Concert: Joyous Voices – Winsome Winds **Sunday April 2, 2023 at the Hale Middle School 3:00 pm**

On Sunday, April 2, 2023, at 3pm, Sounds of Stow Chorus & Orchestra will return to Hale Middle School in Stow with a concert entitled “Joyous Voices – Winsome Winds.” The orchestra opens the program with one of Wolfgang Amadeus Mozart’s most delightful compositions, the *Sinfonia Concertante for Four Winds*. It will be followed by the joyous, innovative *Harmoniemesse*, Joseph Haydn’s final choral work, unique in its inclusion of additional wind instruments. What better way to welcome Spring and raise your spirits after the long, dark winter days!

Ticket prices are \$30 general admission; \$25 seniors and students; \$10 children under 18. For further information please visit www.soundsofstow.org or call 978-707-9887.



Concert III.
March 25th Hudson High School, 7:30 pm
March 26th St. Mark's School, Southborough, 3:30 pm.

Please join Symphony Pro Musica and the orchestra performs Mahler's powerful Symphony No. 5 and Mozart's Exultate Jubilate, featuring the extraordinary young vocalist Yeonjae Cho.

Yeonjae Cho, soloist

Mozart, Exultate Jubilate

Mahler, Symphony No. 5



March – “Coronation Celebration”

Orchestra and Soloists

Sunday, March 26, 2023, 3:30 PM

Algonquin Regional High School
79 Bartlett Street, Northborough, MA
(some free tickets available at front desk)

Howell's “Behold, O God, Our Defender” was composed for Queen Elizabeth’s 1953 coronation and performed at her Jubilee and her funeral. **Handel's** “Coronation Anthems” were commissioned for the coronation of George II of Great Britain in 1752 and “Zadok the Priest” has been performed at numerous coronations since. **Mozart's** popular “Coronation Mass” was first performed in 1792 at the coronation of Francis II, the last king of the Holy Roman Empire.

[Erin Smith – Soprano](#)

[Catherine Hedberg – Mezzo Soprano](#)

[Charley Blandy – Tenor](#)

[John Salvi – Baritone](#)

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

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

Suggested Voluntary Donation of \$3

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

Hot Menu

WEDNESDAY	THURSDAY
1 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Jardinière Vegetables (32) Wheat Dinner Roll (180) Peaches (8) Calories 634/Sodium 1038mg	2 Alaskan Breaded Pollock (190) Tartar Sauce (261) Rice Pilaf (99) Carrots (59) Low Sodium Wheat Bread (65) Pears (4) Calories 983/Sodium 643mg
8 Spinach, White Bean Quinoa Stew (637)* Green Beans (3) Wheat Bread (65) Mixed Fruit Calories 739/Sodium 846mg	9 Lasagna w/ Tomato Sauce(557)* Chicken Meatball (70) Zucchini & Red Pepper (5) Tossed Garden Salad (168) Multigrain Bread (135) Chocolate Chip Cookie (60) Calories 681/Sodium 1132mg
15 Potato Crunch Fish (300) Lemon Wedge Whipped Sweet Potatoes (27) Country Blend Vegetables (40) Wheat Dinner Roll (180) Tapioca Pudding w/ Topping (183) Calories 839/Sodium 904mg	16 *ST. PATRICK'S DAY SPECIAL Corned Beef Stew Boiled Parsley Potatoes Low Sodium Wheat Bread (65) Boston Cream Cup (309) High Sodium Day Calories 835/Sodium 1429mg
22 Breaded Chicken Bites (456) Rice Pilaf (99) Carrots (59) Multigrain Bread (135) Fresh Fruit Calories 757/Sodium 904mg	23 Meatloaf (116) Mushroom Gravy (122) Red Bliss Potatoes (8) Beets Low Sodium Wheat Bread (65) Oatmeal Raisin Cookies (75) Calories 790/Sodium 708mg
29 Lentil Stew (486) Green Beans (3) Tossed Garden Salad w/ Lite Italian Dressing (168) Wheat Dinner Roll (180) Vanilla Pudding w/Topping(174) Calories 875/Sodium 1149mg	30 OPENING DAY FENWAY Hot Dog Kayem (550)* Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll Ketchup, Mustard, Relish (218) Mixed Fruit Calories 766/Sodium 1270mg

Cold Menu

WEDNESDAY	THURSDAY
1 Low Sodium Ham, Swiss Cheese(35), Mustard(55) Lettuce, Tossed Garden Salad w/ Italian Dressing Italian Pasta Salad (138) Low Sodium Wheat Bread (130) Fresh Fruit Orange Calories 806/Sodium 1144mg	2 Turkey, (435) Swiss Cheese (35) Lettuce Leaf, Lite Mayonnaise (4) Macaroni Salad (138) Riviera Salad Multigrain Bread (270) Peaches (6) Calories 947/Sodium 1090mg
8 Turkey, (435) Swiss Cheese (35) Lettuce Leaf, Lite Mayonnaise (4) Carrot Raisin Salad (137) Orzo Vegetable Salad (13) Low Sodium Wheat Multi Oat Top Bread (230) Fresh Fruit Calories 968/Sodium 965mg	9 Tuna Salad(241), Lettuce Leaf Potato Salad Root Vegetable Salad (86) Low Sodium Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195) Calories 772/Sodium 807mg
15 Vegetarian Chef Salad Lite Italian Dressing (168) Quinoa Salad (140) Dinner Roll Diet Chocolate Pudding w/ Topping (142) Calories 613/Sodium 1154mg	16 Egg Salad (130) Lettuce Leaf Orzo Vegetable Salad (13) Cole Slaw (45) Wheat Multi Oat Top Bread (230) Mixed Fruit Calories 805/Sodium 529mg
22 Tuna Salad (241) Lettuce Leaf English Pea Salad (156) Squash, Zucchini, Red Onion Salad (6) Wheat Multi Oat Top Bread (230) Vanilla Wafers (69) Calories 767/Sodium 810mg	23 Turkey, (435) Swiss Cheese (35) Mayonnaise (64) Lettuce leaf Cole Slaw (45) Balsamic Pasta Salad (14) Wheat Multi Oat Top Bread (230) Pineapple (9) Calories 906/Sodium 880mg
29* Low Sodium Ham, Swiss Cheese (35) Mustard (55), Lettuce Leaf Barley Raisin Salad (129) Carrot Pineapple Salad Low Sodium Wheat Bread (130) Mixed Fruit Calories 877/Sodium 1207mg	30 Chicken Salad(75), Lettuce Leaf Italian Pasta Salad (138) Tossed Garden Salad Lite Italian Dressing (168), Low Sodium Multigrain Bread (135) Diet Chocolate Pudding w/ Topping (142) Calries 912/Sodium 912mg

Menu is subject to change

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*

- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. 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) - *Cost: no charge*

- **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)

- **Line Dancing – Fridays 10:00am (beginning March 3rd)**

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 – Tuesdays at 9:30am. Cost: \$10/month**

- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/month**

- **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.*

YOU'RE 70. NOW WHAT?

Once you get over the shock of turning 70 (I turn 73 this year and the shock is still setting in), you may want to start thinking about and planning for changes in your life. The nature of those changes will vary, of course, depending on your situation. Are you single or married? How's your health (and your spouse's)? Do you have children (or others) you can rely on if your health situation changes? Are they nearby? The answers to all these questions will affect how you plan for your 70's and beyond. In general, though, here are some things to think about:

- **Do you really need all that house?** I regularly visit clients in houses filled with bedrooms for children who have moved on, surrounded by yards that still need a lot of maintaining. Do you really need that space? Do you really like all that cleaning and yardwork?
- **Is the house still safe?** You will not be getting any younger, and neither will the house. Is the washer/dryer still in the basement? How many stairs do you need to climb every day? If you don't want to sell and downsize, then do you have the resources to adapt the house to your needs as you get older. If you don't, this may be a good time to consider a reverse mortgage or Home Equity Line of Credit (HELOC) to make sure that, if the need arises, those resources will be available on short notice.
- **If you decide to move, where do you move to?** You now have a lot more options than our parents did if you want to move. You should check those out before the need arises. Look around at the retirement communities, independent living communities, and assisted living communities in your area. You may even want to talk to a real estate broker, describe what you want, and see what's available. You may be pleasantly surprised. If you ever thought about moving in with one of your children (or having them move in with you), this may be the time to broach the subject.
- **If you're single, consider some asset protection planning in case you need a nursing home.** You're now at an age when there is more of a chance that a sudden medical problem could land you in a nursing home for a prolonged period. That can be an incredibly big expense unless you can qualify for MassHealth (the Massachusetts' Medicaid program) quickly. While that is not a problem if you're married, if you are single, you probably will not qualify unless you have protected your assets five years ahead of time. If that worries you, you need to deal with it well in advance of an emergency.

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, March 8th 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, March 15th 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



Hudson Senior Center Gift Shoppe

Thursdays 9:30am -12:30pm

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, March 14th 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 Sale

Thursdays 9:30am -12:30pm

****1/2 price Sale on all items excluding Knit and crochet items**



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.

Price: \$109.00pp

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 McCarthney. 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 Tenorson 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>

With the Public Health Emergency expected to end, there are a lot of changes, protections and benefits expected to change as well.

Just to Recap the latest SNAP update:

We were recently informed that the SNAP emergency benefits were expected to end February 2023. (SNAP beneficiaries received an increase in benefits during the Covid pandemic). This means that SNAP households in Massachusetts will receive their last supplemental payment on March 2, 2023. What does this mean for 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.

Mass Health

Mass Health Covid protections are expected to end in 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.

SMOC

Many of you have contacted us in regards to your SMOC application and not hearing back about your eligibility. Please be advised that there are longer than normal wait times for processing. If you have less than ¼ of a tank of oil, or have a shut off notice for gas/electric, PLEASE contact the Hudson Senior Center and we can try to classify your application as an emergency to get it processed as soon as possible.

Medicare Advantage Open Enrollment:

This is the LAST month of the Medicare Advantage Open Enrollment Period. This typically runs from January 1 until March 31. The Medicare Advantage Open Enrollment Period is ONLY for those who are enrolled in a Medicare Advantage Plan (HMOs, PPOs for example), not for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). What can you do during this Medicare Advantage OEP? You can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan. Again, this enrollment period ends March 31, so don't delay if you need to discuss your coverage or need to switch your Medicare Advantage Plan. Call the Hudson Senior Center and ask to speak to a SHINE counselor at 978-568-9638.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUND ÀS SEXTAS DAS 9:30 ÀS 3:30 DA
TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.476



“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2023 a 31 de Março de 2023, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan” ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). Caso tenha algumas perguntas, não hesite em contactar o Senior Center e falar com Ana Terra-Salomao – 978-568-9638 x 476.

DIA DE IR ÀS COMPRAS!!

O dia de ir às compras é terça-feira para todos os idosos de Hudson, independentemente de onde morana vila a partir das 9:00 da manhã para os seguintes supermercados: Shaws, Stop & Shop ou Walmart e a partir das 10:00 da manhã para o Market Basket. Por favor telefone para 978-568-9638 no dia anterior para marcar o seu lugar.

INFORMAÇÃO IMPORTANTE

Se as Escolas Publicas de Hudson estiverem fechadas devido a neve o Senior Center também estará fechado. Por favor não venha ao Senior Center se estiver mau tempo. Estamos preocupados com a segurança dos nossos clientes.

DATAS IMPORTANTES

Dias 1, 8, 15, 22 e 29 de Março - Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 7 de Março – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 8 de Março – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 14 de Março - Almoço do “St. Patrick’s Day” no liceu de “Assabet Valley” em Marlborough às 12:00 da tarde. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center, a partir do dia 8 de Março. Limitado a 85 pessoas.

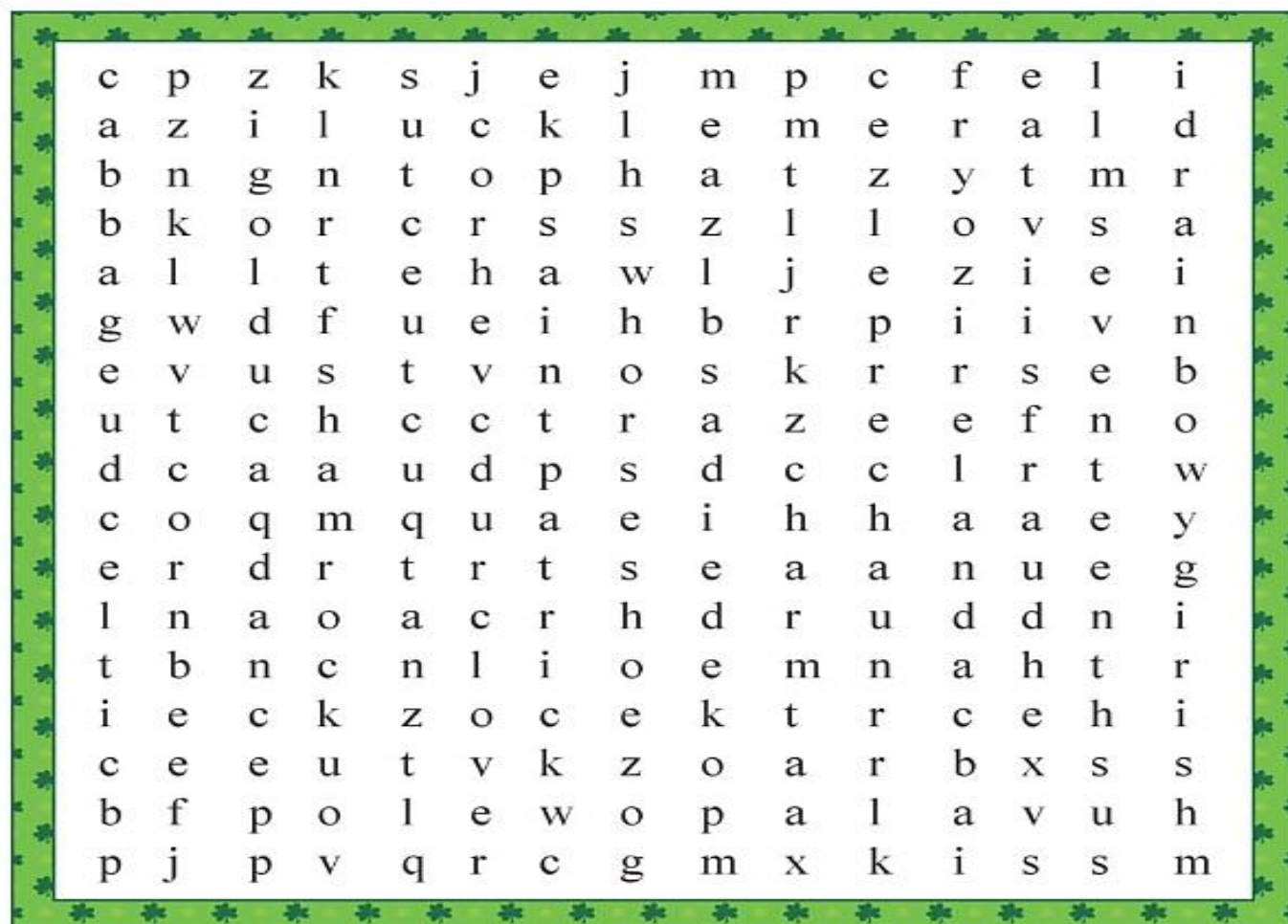
NOTE: THIS PAGE IS BEING TRANSLATED FOR NON-ENGLISH SPEAKING SENIORS AND IS THE SAME INFORMATION FOUND IN THE NEWSLETTER FOR ALL SENIORS!

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

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



St. Patrick's Day Word Search




cabbage
celtic
charm
clover
corn beef
dance

emerald
gold
green
horseshoe
Ireland
Irish

kiss
leprechaun
luck
March
parade
pinch

pot
rainbow
Saint Patrick
seventeenth
shamrock
top hat



Monday	Tuesday	Wednesday	Thursday	Friday
				
		<p>08:00a Library ¹</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:30a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p> <p>01:00p COA Brd Mting</p>	<p>08:00a Library ²</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ³</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Line Dancing</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ⁶</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>12:00p CRAFTING</p> <p>12:00p Mah Jong</p> <p>12:30p Movie Day</p>	<p>08:00a Library ⁷</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p>	<p>08:00a Library ⁸</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:30a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p> <p>01:00p Bergeron Advice</p>	<p>08:00a Library ⁹</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>10:30a Snowshoe Hike</p> <p>11:30a Blood Pressure</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Caregiver Support</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ¹⁰</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Line Dancing</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>12:30p Movie Day</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ¹³</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>10:30a Unimaginable Journey of Peter Ertel</p> <p>12:00p CRAFTING</p> <p>12:00p Mah Jong</p>	<p>08:00a Library ¹⁴</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:30a Friends Meeting</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>12:00p St Patricks Day Lunch</p> <p>01:00p Chess</p> <p>02:00p Mindful Living</p>	<p>08:00a Library ¹⁵</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>10:30a Genealogy</p> <p>11:30a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p>	<p>08:00a Library ¹⁶</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>09:30a History of American Rifle</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ¹⁷</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Line Dancing</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ²⁰</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>12:00p CRAFTING</p> <p>12:00p Mah Jong</p> <p>12:30p Movie Day</p> <p>01:00p Bereavement Group</p>	<p>08:00a Library ²¹</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p> <p>02:00p Mindful Living</p>	<p>08:00a Library ²²</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:30a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p>	<p>08:00a Library ²³</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p> <p>06:00p Storm Water Management</p>	<p>08:00a Library ²⁴</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Line Dancing</p> <p>10:00a Quilting</p> <p>10:00a Tech Support</p> <p>12:15p Scrabble</p> <p>12:30p Movie Day</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ²⁷</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>12:00p CRAFTING</p> <p>12:00p Mah Jong</p>	<p>08:00a Library ²⁸</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p> <p>02:00p Mindful Living</p>	<p>08:00a Library ²⁹</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:30a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p>	<p>08:00a Library ³⁰</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ³¹</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Line Dancing</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>