

**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

**January**

**2022**

**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 BayPath 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:**

Line Dancing, AM Fitness, PM Fitness, Yoga, Stress Reduction, Parkinson's Exercise, Chair Pilates, Chair Yoga, Walking Club, Stretch Break Class, Flex & Tone Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Class, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Friday's Music Jam, Morning coffee and pastry.

**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.*



January 2022

REP. KATE HOGAN'S SENIOR NEWS

### **Update on Home and Personal Care Workforce and Services**

If you've hired a home care aide, either for yourself or a loved one, you know it can be tough to find the right solution at an affordable price. Rising demand for these services is one problem. Another is the difficulty in hiring and retaining workers - there is a shortage of people available for home health care positions in Central Massachusetts, across Massachusetts, and across the US.

The Massachusetts State Legislature understands the importance of supporting this workforce and these critically important jobs serving the most vulnerable members of our families. To help recruit and retain dedicated home health and home care aides and ensure home care agencies will have the resources and workforce needed to meet the growing demand for safe, in-home care, the Legislature is investing funds to increase worker pay.

The Massachusetts FY22 State Budget allocates \$27.9 million toward the "Enough Pay to Stay Initiative," which will provide home care agencies financial help for the compensation of home and personal care aides and increase pay by \$2.68 an hour for home health aide services and \$2.96 for personal care services. We must continue to work towards equitable pay and create pathways to careers for these critically important workers.

Through the Executive Office of Elder Affairs, Massachusetts provides home care services to help older adults, people with disabilities, and people with Alzheimer's Disease or related dementia successfully age in place within Massachusetts. Eligibility for the Home Care Program is based on age, residence, and ability to carry out daily tasks. Care management and in-home services support adults 60 years and older or residents aged under 60 with early on-set Alzheimer's disease or related dementia. Cost share amounts for supportive services through the Home Care program are determined based on income. Applicants must be living at home within Massachusetts outside of an institutional or Certified Assisting living setting. To connect with Massachusetts home care services, please contact:

BayPath Elder Services  
33 Boston Post Road West  
Marlborough, MA 01752-1853  
(508) 573-7200  
Web: <http://www.baypath.org>

Kate Hogan, State Representative  
Proudly represents Bolton, Hudson, Maynard, and Stow

### **Contact Rep. Hogan:**

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)  
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333  
Facebook: [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

[Virtual office hours for constituents will be held January 21 from 1-2 pm and January 24 from 6-7 pm. Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call \(617\) 722-2600 \(option #2\) to leave a voicemail or send email to \[Kate.Hogan@mahouse.gov\]\(mailto:Kate.Hogan@mahouse.gov\). Please register for an appointment by 5 pm on January 19.](#)

Hello to Everyone,



I hope you all had a Merry Christmas and a very Happy New Year! With the pandemic ever present, I'm sure the holidays were a challenge for many.

Unfortunately, throughout the State we are seeing the covid-19 numbers increase again. According to the Mike Stucka from the USA Today newspaper, Middlesex County reported 9,829 new cases of COVID-19 last week, a 55.5% increase from the 6,320 reported the week before. Statewide, there were 50,049 new cases of COVID-19 reported, up 39.5% from the previous week's total of 35,881 new cases. The rise is due, in part to, the new more transmissible and contagious Omicron variant. Dr. Amy Crawford-Faucher, vice chair of Allegheny Health Network's Primary Care Institute states, "the omicron variant, which is now likely the predominant strain, does not seem to cause as much severe disease, especially in vaccinated people although it is highly contagious". We

#### HUDSON VACCINATION REPORT

##### % VACCINATED BY AGE

Age	% with 1+ Dose	% Fully Vaccinated	% Partially Vaccinated
5-11	21%	0%	21%
12-15	76%	68%	8%
16-19	89%	85%	7%
20-29	79%	71%	8%
30-49	89%	80%	9%
50-64	94%	86%	8%
65-74	>95%	88%	16%
75+	>95%	87%	19%

##### % VACCINATED BY SEX

Sex	% with 1+ Dose	% Fully Vaccinated	% Partially Vaccinated
Female	85%	74%	11%
Male	77%	66%	10%

also know that people who are eligible for a booster shot should get the booster shot. If you have received two vaccines of Pfizer or Moderna or one vaccine from Johnson and Johnson, you are eligible for the booster. You can register for your booster online at CVS or Walgreens. For seniors who do not have a computer or know how to go online and schedule an appointment at the pharmacy, please call the senior center, we are happy to help you with that.

Some good news, as of November 29, 2021, the Hudson MA vaccination report shows impressive vaccination numbers as seen on the chart.

**\*\*Due to the increase in covid-19 cases, the following classes **will not be** offered at the senior center in January. Stress Reduction with Lou on Tuesdays in January at 9:30, and the new Wellbeing classes, Mindful Living which was to start Thursday, January 13<sup>th</sup> at 9am and Self Empowered Living which was to start Wednesday, January 12<sup>th</sup> at 10am. We are looking at restarting these classes in February if the covid-19 cases are lower. We will keep you posted and thank you for your patience.**

Your 2022 Social Security Benefit Statement should arrive in January. This is an important document showing what your new benefit is for 2022. Keep this document in a safe place!

I was surprised hear how many seniors received sale calls from some Medicare Advantage plans during the Medicare Open Enrollment Period offering \$0 premiums and lots of extras. Many of those 0 premium plans have a maximum out of pocket cost of \$6000.00 to \$7000.00 dollars per year. They also have high cost sharing copays for an MRI, Cat Scans, and other tests. It's not a bad option if you are healthy and only see your doctor a few times a year. However, it can get very costly if you have a lot of health issues. You would be responsible for the out of pocket maximum costs. If you have any questions about changing plans, please call the senior center and talk to Holly, Ana or Janice. We are here to answer your insurance questions or help with the changing of your plans. Thank you

Be Safe Janice



**Hudson Senior Center's Holiday Cheer program was a big success;  
all due to many anonymous *Elves*.....**

I would like to acknowledge the many Elves in our community who supported our Holiday Cheer program. In less than two weeks these Elves provided sugar free candies, adult coloring books, colored pencils, crayons, hand sanitizer, shampoo, flashlights, hot chocolate etc. enough to fill 50 bags. These bags brought cheer to seniors in our community who do not have family close by. We appreciate your effort, kindness and compassion. It is a pleasure working with you! Thank you so much!

## The Hudson Senior Center Presents the UCLA Longevity Center's Memory Training Program

Created by Gary Small, M.D. and Linda Ercoli, Ph.D

Presented by: Janice Long and Ana Terra-Salomao



**Fridays...February 18, 25, March 4, and 11th, 10am to 12pm.**

Please join us for this new memory training program. It will help you develop good memory habits and learn new techniques to improve memory.

The course targets the **four most common memory difficulties** that people experience in daily life:

- Forgetting names and faces
- Forgetting to do things in the future
- Forgetting where you put things
- “Tip of the tongue” memory challenges-knowing something but not being able to recall it

**This program is once a week for 4 weeks and each class is 2 hours long. Please call to sign up for this FREE training. Space is limited to 15. We ask if you sign up for this class that you commit to attend all 4 sessions. The program loses its effectiveness if you do not attend all 4 sessions.**



**Another Grab and Go lunch from  
Assabet Technical High School on Friday, January 21<sup>st</sup>  
Pick up between 12pm-12:30pm at the Center**

Assabet Technical High School is offering a hearty beef stew with cheddar chive biscuits and a lightly layered yellow cake parfait with fruit for dessert. **Cost to you is \$5.00.**

***Sign up beginning Wednesday, January 5<sup>th</sup>***

**HOLIDAY BLUES SUPPORT GROUP** with Alex

**Thursday, January 13<sup>th</sup> at 10am**



The holiday season is here and for many it is fun to see family and friends. However, the holidays can be difficult for others. If you find this time of year stressful, or do not have family or friends close by, I will be offering a Holiday Blues Support Group at the Senior Center. This will be a great opportunity to share your holiday experiences with others and receive emotional support. Call 978-568-9638 to sign up for this program.

**“Lower back pain. Why live with it? It’s all about the Core!!!”**

**Thursday, January 20, 2022 at 1 pm at the Hudson Senior Center**

Speaker: Kevin Flaherty, Physical Therapist and Owner of Flaherty Physical Therapy

Lower Back Pain, why live with it, it’s about the core! is a 45-minute presentation with Q and A of how lower back pain can be treated through a wide variety of treatments **WITHOUT** medication!!! The opioid crisis is well known. Physical Therapists treat lower back pain every day and have excellent outcomes leading to improved quality of life without medications! The presentation will cover different types of back issues along with a variety of ways physical therapists treat it through exercise, posture improvements and lifestyle changes.

You will leave with information on why is your back painful and more importantly, what to do about it without medication! You will also leave with 3 key exercises to help your lower back pain today. Kevin Flaherty is a Physical Therapist with over 30 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. **Limited to 20 people.**



## **AARP TAXAIDE RETURNS**

The Center is pleased to offer free help to prepare Federal and State income tax returns. The program is intended for low- or moderate-income taxpayers. Volunteers with the AARP TAXAIDE program will be available to prepare returns Tuesday mornings starting February 1. In accordance with AARP policy, both counselors and taxpayers **MUST** wear a mask. All volunteers will be vaccinated for COVID and we ask that taxpayers also be vaccinated for COVID.

**The process for this year (assuming COVID protocols do not change) will be as follows:**

- Taxpayers call the Center starting Wednesday, January 19 to schedule a 15-minute appointment to bring their tax information to the center and a five-minute appointment later the same day to pick up the completed return
- At the scheduled time, the taxpayer comes to the center, completes the intake form, and reviews all their documentation with a counselor. The counselor keeps the documents and reminds the Taxpayer of the time to return later that day. The taxpayer leaves the center.
- A counselor at the center prepares the return and the return is Quality reviewed
- The Taxpayer returns at the second time (around 1:00) to review and sign the return and takes all the documents and their copy of the return home.
- Both visits need to be the same day. AARP cannot keep documents overnight and if a taxpayer's does not return, the only option is to destroy all their documents.

Again, do **not** call the center until appointments open **beginning Wednesday, January 19<sup>th</sup>**

## **Emerson Hospital Presents FREE Parkinson's Virtual Education Sessions**

Emerson Hospital will be hosting our January PD education session on **Friday, January 14<sup>th</sup> and 28<sup>th</sup> from 1-2 pm**. We will be offering the below sessions for people with PD and their caregivers to attend, the session will be approximately 1-hour long and free of cost.

1. **January 14<sup>th</sup>: "Pelvic Floor Dysfunction and Parkinson's Disease"** –Anna Benedix, PT, DPT, WCR, CLT and Noam Eitan, PT, DPT
  - a. This presentation will discuss bladder problems including incontinence and retention, bowel problems including fecal incontinence and constipation. You will also learn when it is appropriate to work on your own versus when to come to PT.
2. **January 28<sup>th</sup>: "Parkinson's Support Group"** –Liz Lyng PDSG Coordinator (Newbury Court)
  - a. This presentation will discuss the many benefits that come from joining a support group. People with Parkinson's disease and their caregivers are given opportunities to share information and resources with each other, as well as find empathy, encouragement and acceptance.

Please visit us at [www.emersonhospital.org/parkinsons](http://www.emersonhospital.org/parkinsons) to register for the PD Education Sessions or call Parkinson's Ext: 978-589-6926

## **Parkinson's afternoon class at the Hudson Senior Center on: Thursdays at 1pm**

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.

**Space is limited to 20. New participants must call for availability.**

**REMINDER: Center is closed on Monday, January 17<sup>th</sup>  
for Martin Luther King, Jr. Holiday**

## Our 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 Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**  
Strength Training 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
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**  
This class will review the basics of chair pilates for new and regular class participants.
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**

## Hudson Senior Center Trips 2022



### Thursday, March 10<sup>th</sup> Celtic Angels Ireland

Danversport Yacht – Danvers, MA. Also performing: Celtic Knights Dancers and The Trinity Band Ensemble of Dublin. These performers will transport us to their homeland of Ireland. Includes plated Luncheon of your choice of Corned Beef and Cabbage or Baked Schrod, Show, gratuity and transportation. \*No Refunds for cancellations after 3/2/22\*

**Price: \$99. 00 pp**

### April 30<sup>th</sup> -May 1<sup>st</sup> 2022 New York City 2 Days/ 1 Night

Enjoy this quick trip to NYC and stay in the heart of the city for 1 night at the Sheraton NY Times Square in the heart of midtown and walking distance to major sights. Roundtrip Deluxe Motor coach transportation, Lodging, Full American Buffet Breakfast at the hotel, visit to the September 11<sup>th</sup> Museum and Memorial, ferry ride to Liberty Island & Ellis Island and Tour Director.

\*\$50 deposit and final payment by March 4<sup>th</sup>\*

**Price: \$429pp Double / \$559 Single**

### Wednesday, June 15<sup>th</sup> The McCartney Years

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.

\*No Refunds for cancellations after 6/3/22\*

**Price: \$99.00pp**

### Thursday, July 21<sup>st</sup> Icons & Legends Concert The Ultimate Tribute Show Fosters Lobsterbake

Experience some of the greatest hits from some of the greatest entertainers of all time such as Neil Diamond, Carole King, Karen Carpenter, Johnny Cash, Roy Orbison, Elvis, the Eagles and more!

Your meal includes: whole boiled 1 1/4lb Lobster, clam chowder, steamed mussels, clams, corn on the cob, potatoes & onions, blueberry cake, rolls, butter and beverage OR ½ BBQ chicken as a lobster alternative at Fosters in York, ME. \*No Refunds for cancellations after 7/9/22\*

**Price: \$99.00pp**

*Informational Flyers available at the front desk*

## Message from the Friends...

**Next Friends Meeting: Tuesday, January 11<sup>th</sup> 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.

Please call the Hudson Senior Center [979-568-9638] if you would like more information or to have a Friends' officer contact you.



### ***Winter Weather***

**If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed. This includes all bus rides.**

If it is snowing or sleeting and the schools are **NOT** closed, for **your safety**, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also, please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

### ***Preparing for Winter Weather...***

What you need in your Winter Emergency Supply Kit: flashlight and extra batteries, portable radio or NOAA Weather Radio with extra batteries, charged cell phone, essential prescription medications, non-perishable food, manual can opener, one gallon of water per person per day, fire extinguisher, extra blankets. **BE SAFE!!!** 😊

**ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.**

**Please provide updated information and an emergency contact!**

**THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2022!**

**(This helps with the postage and sending of the monthly newsletter, thank you)**

### **Hudson Senior Center 2022 Dues**

**NAME** \_\_\_\_\_

**DUES** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**DONATION** \_\_\_\_\_

**TELEPHONE** \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

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**EMERGENCY CONTACT** \_\_\_\_\_

**RELATIONSHIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_

## Transportation News...



### Food Shopping day is Back!

#### Tuesdays:

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



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. **Masks MUST be worn while on the bus at all times regardless of vaccination status. Seatbelts must also be worn**



### “VETS TALK” A program for Veterans

Thursday, January 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> at 9am

*Every Thursday except the 4<sup>th</sup> 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.

### “Movie Day” at the Center



Here is the listing of the movie for January. **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, January 10<sup>th</sup> & Tuesday, January 11<sup>th</sup> – *Being The Ricardos*



During one production week of “I Love Lucy” — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin's behind-the-scenes drama.

*Rating: R Runtime: 2hr 12min*

#### Monday, January 24<sup>th</sup> & Tuesday, January 25<sup>th</sup> – *Munich: The Edge of War*



Based on the international bestseller by Robert Harris. It is Autumn 1938 and Europe stands on the brink of war. Adolf Hitler is preparing to invade Czechoslovakia and Neville Chamberlain's government desperately seeks a peaceful solution. With the pressure building, Hugh Legat, British civil servant, and Paul von Hartmann, German diplomat, travel to Munich for the emergency Conference. As negotiations begin, the two old friends find themselves at the center of a web of political subterfuge and very real danger. Starring Jeremy Irons.

*Rating: PG-13 Runtime: 2hr 3min*





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.*

## PLANNING TO STAY HOME

It's January. It's cold. The holidays are over. What a great time to just hunker down and stay home. You probably agree with my friends Frank and Mary, and with most of my other clients, that there's no place like home. Now may be a good time to consider your situation in general and your options to stay home as long you can.

First, take a fresh look at your home. Will it be a safe place for you to live as you get older? Does the bathroom have the grab bars you may need? Are the washer and dryer in the basement? You may want to talk to a home repair person who specializes in retrofitting homes for folks who are getting older. Figure out what it would take, and how much it would cost, to make your home as safe as possible.

Next, figure out how you would pay for those home modifications. While you're doing that, work out how much it would cost you to have someone to come in and help you around the house. Call the folks at the ASAP (Aging Services Access Point) in your area and ask to have someone come over and talk to you about all this. For my clients, that means calling Baypath Elder Services or Elder Services of Cape Cod and the Islands (ESCCI). They can give you a sense of what home care might cost and whether you are eligible for subsidies through their agency.

Finally, if you don't have the savings to cover the home repairs and home care you may need, plan ahead to use your home as the source of funds to pay for those expenses. In my seminar this month, I discuss HELOCs (Home Equity Line of Credit) and reverse mortgages, which is really a home equity loan by another name. Both of these alternatives are designed to help you sleep better knowing that, if you need the funds to help you stay at home, you can access those funds quickly and easily.

I will turn 72 this month. I appreciate that anxieties come with getting older. We can't make those anxieties go away – they come with the territory, but we can reduce them by planning for the future. It's January. You're stuck at home anyway. So rather than worry about your future, plan for it. You'll sleep better. And the next thing you know, it will be spring.

If you want to learn more about this topic, check out my January seminar on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).



## Legal Advice with Attorney Arthur Bergeron

**Wednesday, January 12<sup>th</sup> from 1pm to 3pm by appointment only**

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center. 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, CDP or Christine D'Angelo, CDP at 978-568-9638  
Or email at [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com) for more information.



### Genealogy Family Research with Charles Corley at the Senior Center Wednesday, January 19<sup>th</sup> at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.  
Beginners welcome. Please call the center to sign up!

### Calling all artists and latent artists



Come join us from 10am-12pm in the Craft Room for the **Tuesday Open Painting Studio**



### Hudson Senior Center Gift Shoppe

**Thursdays 9:30am -12:30pm**

### **Scrabble on Fridays at 12:15pm**

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



**Calling all Bingo players!**  
Games start at 12:30pm  
on Wednesdays

### PM CARDS

Canasta (Hand & Foot)

Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up



### Pool Room

Come play on our 2 beautiful tables!

Monday-Friday 8:30am –3:30pm.



Bridge: Tuesday 1-3pm  
Fridays 1-3pm



### Senior Center Lending Library



Donations made to our Library are appreciated with **Copyright date no earlier than 2012.**

**Check out our new Large Print section!**

## Medicare Advantage Open Enrollment Period

The Medicare Open Enrollment period ended on December 7, 2021 with changes made, beginning January 1, 2022. Unless you qualify for a Special Enrollment Period, you are unable to change your plan until the next Open Enrollment (October 15-December 7, 2022), with a start date of January 1, 2023.

There is however a Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This 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). You MUST be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used ONCE, and the new plan effective date is the first of the following month.

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. If you missed the Open Enrollment Period and want to have your insurance reviewed during this Medicare Advantage Open Enrollment period, you can contact a SHINE representative for assistance. The Hudson Senior Center SHINE counselors can be reached at 978-568-9638. Please be advised that all appointments are currently being done telephonically. Remember this period of time is only from January 1-March 31 so don't delay.

If you are not in a Medicare Advantage plan and have missed the Open Enrollment Period, contact the SHINE department to see if you qualify for a Special Enrollment to make a change to your insurance, or see if you qualify for an assistance program that may provide a Special Enrollment for you during the year.

## SMOC

Many of you have contacted us in regards to a letter from SMOC stating that you have been approved for ARPA funds paid to your electric bill or split between electric and gas.

ARPA funds were awarded from the Government to SMOC clients that were eligible for their program last year. This is NOT your Fuel Assistance Benefit for the year. If you have not filled out an application for the 2021/2022 season you must do so in order to receive your fuel assistance benefit for THIS heating season.

Hope you all have a healthy and happy New Year!



**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À 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 2022 a 31 de Março de 2022**, 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.**

**PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO**

Este inverno, precisa ajuda com as despesas de aquecimento? O programa do “SMOC” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2021 até o dia 30 de Abril de 2022. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$40,951
2	\$53,551
3	\$66,151

**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**

**Dia 11 de Janeiro – Reunião do Amigos do Senior Center às 9:30 da manhã.**

**Dia 12 de Janeiro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.**

**Dia 17 de Janeiro – O Senior Center estará fechado devido ao feriado do “Martin Luther King”.**

**Dia 21 de Janeiro - Grab and Go” Almoço ao meio-dia no Hudson Senior Center. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o almoço através da janela do carro. A pessoa não sei do seu carro. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 5 de Janeiro para reservar o seu almoço.**

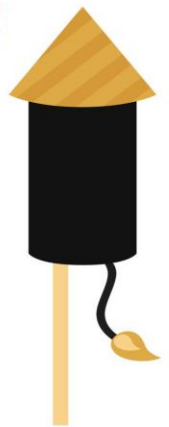
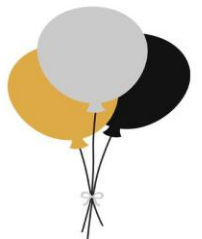
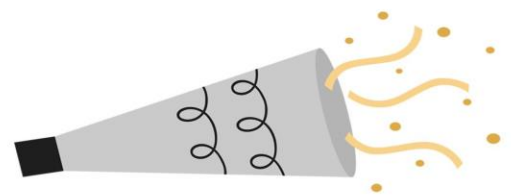
**(NOTE: THIS PAGE IS BEING TRANSLATED FOR NON-ENGLISH SPEAKING SENIORS AND IS THE SAME INFORMATION FOUND IN THE NEWSLETTER FOR ALL SENIORS!)**



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# HAPPY NEW YEAR!



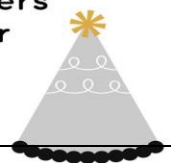
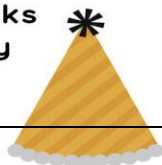
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Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy

New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
08:30a Billiards 08:30a Library 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong	08:30a Billiards 08:30a Library 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:30a Billiards 08:30a Cribbage 08:30a Library 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:30p Bingo 01:00p Zoom COA Brd Mting	08:30a Billiards 08:30a Library 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Cribbage 08:30a Library 10:00a Quilting 12:15p Scrabble 01:00p Bridge
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
08:30a Billiards 08:30a Library 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	08:30a Billiards 08:30a Library 09:30a Friends Meeting 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Bridge 01:00p Chess	08:30a Billiards 08:30a Library 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:30p Bingo 01:30p Bergeron Advice	08:30a Billiards 08:30a Library 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a HOLIDAY BLUES 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Library 10:00a Quilting 12:15p Scrabble 01:00p Bridge
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
08:00a CENTER CLOSED	08:30a Billiards 08:30a Library 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:30a Billiards 08:30a Library 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 10:30a Genealogy 12:30p Bingo	08:30a Billiards 08:30a Library 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Lower Back Pain 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Library 10:00a Quilting 12:00p Grab and Go Lunch 12:15p Scrabble 01:00p Bridge
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
08:30a Billiards 08:30a Library 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	08:30a Billiards 08:30a Library 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Bridge 01:00p Chess	08:30a Billiards 08:30a Library 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:30p Bingo	08:30a Billiards 08:30a Library 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Library 10:00a Quilting 12:15p Scrabble 01:00p Bridge
<b>31</b>				
08:30a Billiards 08:30a Library 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong				