

**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



**2021**

**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
- Jim Klotz, Full Time Bus Driver
- Walter Correia & Jack Veo, Part-time Bus Drivers

**Social Activities:**

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, 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:**

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

**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.*



April 2021

## REP. KATE HOGAN'S SENIOR NEWS

### **Legislative Preview: Rep. Hogan's Bills for the 192<sup>nd</sup> Session**

One thing that hasn't changed with the pandemic is the flurry of activity at the State House at this time of year. The Massachusetts Legislature has kicked off its 192<sup>nd</sup> session by filing more than 6,000 bills. As I step into my new role as Speaker Pro Tem, I'll continue to serve as part of the House leadership team, working with my fellow lawmakers on legislation designed to help us recover from the pandemic and build resiliency for the future. I've highlighted below a few of the bills I filed that are of special interest to seniors in the Third Middlesex District.

**An Act to protect MassHealth applicants facing undue hardship (HD1705):** When MassHealth determines income eligibility for nursing home care, they look back five years to ensure that the applicant did not transfer their assets for less than fair market value. However, seniors often transfer assets without thought toward their MassHealth eligibility, future illnesses or injuries, or the need for nursing home care. This bill would establish criteria to be used by MassHealth to determine whether a penalty for a transfer of assets would create an undue hardship for an applicant for nursing home care.

**An Act to promote transparency in prescription drug prices (HD1646):** The rising cost of prescription drugs is one of the most pressing public health issues facing the Commonwealth. Unfortunately, the complex process of setting prescription drug prices has evaded impactful oversight and accountability. The legislation I filed acknowledges that a key step towards increasing transparency, and ultimately lowering the cost of pharmaceuticals, is to require state agencies to provide insight and analysis on which prescription drugs have the most burdensome price tag. Pharmaceutical companies would then be obligated to justify those price increases to legislators, state agencies, and health care policy groups.

**An Act Establishing an Oral Health Commission and Needs Assessment (HD2962):** Dental care is a critical component of overall health care, and yet we know there are underserved communities across the state facing barriers to accessing dental care. Data on oral health needs and access to care is extremely outdated, hindering Massachusetts' ability to understand the challenges we face and the policy solutions to pursue to ensure access to dental services. This bill would help legislators and practitioners better understand the oral health needs of residents across the state by establishing a special commission to conduct a statewide oral health needs assessment of both adult and pediatric residents and provide recommendations.

I have also refiled **An Act to improve oral health for all Massachusetts residents (HD3757)** that will increase access to oral health care for currently underserved populations by authorizing a mid-level provider called a dental therapist. These newly created dental therapists will be trained to perform essential dental care like filling cavities under the general supervision of a dentist, tapping into telehealth tools to share x-rays and consult on cases that are more complex. One of the most powerful impacts of authorizing dental therapists would be their ability to bring oral health care to our communities most in need and reach residents where they are – even in nontraditional settings like nursing homes.

Details on all of the bills I have filed are available on the Rep. Kate Hogan legislator profile page on the state legislature website ([malegislature.gov](http://malegislature.gov)). I welcome your feedback and invite you to stay tuned for more information on my legislative and budget priorities for seniors in the coming months. [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

**Contact Rep. Hogan:** If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov).

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: (617) 722-2199/ [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Hello to Everyone!



The Hudson Health Department posted this Hudson Vaccination Report. As of March 26<sup>th</sup>, 65% of seniors 75 and over have been fully vaccinated and 70 % of those aged

#### HUDSON VACCINATION REPORT

##### % VACCINATED BY AGE

Age	% with 1+ Dose	% Fully Vaccinated	% Partially Vaccinated
0-19	1%	x	x
20-29	15%	7%	8%
30-49	23%	11%	12%
50-64	32%	13%	19%
65-74	70%	27%	43%
75+	87%	65%	23%

##### % VACCINATED BY SEX

Sex	% with 1+ Dose	% Fully Vaccinated	% Partially Vaccinated
Female	34%	17%	17%
Male	23%	11%	12%

x= Data suppressed for privacy. Data are suppressed when less than 30 people are in the respective category.

65-74 have had one of the two doses. This is great news!!

However, as the eligibility opens up for more people to get vaccinated, the supply still does not meet the demand. It will eventually meet the need, but right now it does not. So what is the best way to get your vaccine? People should **PRE-REGISTER** for a vaccine at one of the mass vaccination sites; **if you are able to get there**. When you pre-register, it will ask the best way to get in touch with you; also known as your preferred method of contact. You can choose by phone, email, or text to your smart phone. If you do not have email, or do not know how to use text on your smart phone, simply select you wish to be contacted by phone. The

State will then contact you by phone about possible dates and sites for you to be vaccinated. You can then tell the person which date is good for you, and they will explain to you how you can register for your appointment. You will just have to make sure you are able to get to the mass vaccination site. See below how the pre-registration works.

#### How does Pre-Registration work?

Fill out this form to preregister for a vaccine appointment at a mass vaccination location. **Preregistration is only available for mass vaccination locations.**

- After you preregister, you will receive weekly status updates via your preferred contact method. (that can be phone, email or text via smart phone). If you get an appointment somewhere else, please remove your name from the preregistration list by replying to these updates.
- We will contact you when there are appointments available for you and provide you with a link to use to select and book your appointment.
- **The preregistration system is only for scheduling first doses.** If you are looking to book your second dose, please contact the location of your first dose. If you are unable to book your second dose at your first dose location, please learn more about [securing a second dose at a mass vaccination site](#).

Check with your family and friends for help with Pre-Registration. You can also call 2-1-1 and they will assist you with the registration over the phone. You can also call the senior center and we will help you with that.

The other sites like CVS, Wegmans, Price Chopper and other grocery chains are currently full due to the large demand. The Hudson Senior Center staff check those sites regularly in an effort to help those who do not have computer access or family/friends to help them.

#### Hudson MA Senior Center Facebook Page

Please check out our Hudson MA Senior Center Facebook page. We are using our Facebook page to keep you updated and informed between newsletters.

It is great to see so many people getting vaccinated but we still need to follow the guidelines of social distancing, mask wearing and washing of hands. We are almost there, please stay safe and we look forward to seeing you soon.

*Janice*

**USSR- Russia Myths, Mysteries and Spying**  
**A zoom presentation by Attorney Henry Quinlan**  
**Friday, April 16, 2021 at 6:30 p.m.**

A one-hour presentation based on my 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience.

**Presentation features:**

My involvement starts in 1985 with agreement to publish a book by young Soviet diplomat Vitaly Churkin and ends with dinner in New York with Russian Ambassador to the UN, Vitaly Churkin. Hermitage, Bolshoi Theater, Kremlin Museum, Palaces, Moscow Subway, Pushkin Museum. The Two Great Mysteries of Russia, the Amber Room, the Czar's Jewels. Impact of WW2 on Russian people. Vladimir Putin – Autocrat who is corrupt and competent. Current issues in Moscow. Tour of Soviet Space facilities with Wally Schirra, one of our original Astronauts.

**Discovered long held secret of Soviet Space Agency.**

Memorable comment of Michelle Pfeiffer about making film with Sean Connery in Moscow. Summit 1990 President Gorbachev and President G. H. Bush. Asked by President Bush to arrange for statues, "Make Way for Ducklings" to be erected in Moscow and to get the book published in Russian in Moscow. Attended State a dinner President Bush hosted for President Gorbachev. Witnessed overthrow of Communism – Dismantling the USSR. Tanks in the streets. Spying for the F.B.I. Installation of statues of "Make Way for Ducklings" in Moscow. My encounters with the Russian Mafia. Interview with F.B.I. in 2016 regarding 2016 dinner with Russian Ambassador to UN.

**Please sign up for this program by calling 978-568-9638. You will be sent a Zoom invitation to attend! This will also be shown of Hud TV on Wednesdays at 10 :00-11:00a.m. starting April 21, 2021.**

***Henry M. Quinlan**, owner and publisher of Omni Publishing Company, has 40+ years of varied experience publishing. Books. He is a graduate of Boston College and Suffolk University Law School. He founded Quinlan Press, a book publishing company, in 1986. Notable among the books that he published are: **My Life in Space** by Wally Schirra; **Rebound** by KC Jones, coach of the Boston Celtics; **My Dad the Babe** by his daughter Dorothy Ruth Pirrone; **The Cops are Robbers** by Kevin Stevens, which was featured on 60 Minutes and made into an HBO movie.*

**Eight Keys to Living a Meaningful and Enjoyable Retirement Life**

**A presentation by Attorney Henry Quinlan**  
**Thursday, April 22, 2021 via zoom at 10:00 AM**

A one-hour presentation, that discusses four important issues in retirement: loss of identity, loneliness, depression, and boredom. It offers proven responses to these issues. It proceeds with a review of a recent study by Columbia University that lays out the "Eight Keys to Living a Meaningful and Enjoyable Retirement Life." In the discussion of the eight keys, there will be examples and explanation for each. The study involved following a diverse group of seniors over 80 years of age in their daily routines over a 2-year period.

**Please sign up for this program by calling 978-568-9638. You will be sent a zoom invitation to attend! This will also be shown of Hud TV on Mondays and Fridays 10 :00-11:00a.m. starting Monday April 26, 2021.**





**Bemis Farms returns with another Grab and Go  
Cool-Loving Spring Bowl of a professionally-designed assortment of Thrillers,  
Chillers, Fillers, and Spillers.**

Cost to you is \$10.00 and the Senior Center will pay the balance.  
Kits will be available for pick up on **Wednesday, April 28<sup>th</sup> at Noon.**  
**Call 978-568-9638 to sign up for this!!**

**Grab and Go Lunch  
Wednesday, April 21<sup>st</sup>**

**Pick up time is between 12pm and 12:30pm**

Back by popular demand is Stevie's Turkey Bacon Ranch on a Bulky roll with chips and a chocolate chip cookie. Cost to you is \$5.00 which you can bring on Wed. April 21<sup>st</sup> when you pick up your meal. Please call 978-568-9638 to sign up for this delicious sandwich.



**OUTDOOR BINGO RETURNS  
Wednesdays starting April 7<sup>th</sup> at 1:00 pm.**

The Hudson Concord Elks has graciously agreed to have the Hudson Senior Bingo group return to the outdoor Pavilion located in back of the Elks on Wednesdays starting April 7<sup>th</sup> at 1p.m. You can call the senior center 978-568-9638 to sign up and remember you must bring and wear your mask and dress for the weather! Thank you to Diane Durand for making this happen and special THANKS to the Hudson Concord Elks!!



**Medicare Wellness Webinars**

**Join Our Medicare Wellness Webinars**

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. All are welcome—you don't have to be a Blue Cross member to participate.

**Food for Thought: Superfoods to Boost Memory,  
Mood and Mental Functioning**

**Presenters: Luisa Lewis & Tricia Silverman**

**Thursday, April 15, 2021 10:00 a.m. – 10:30 a.m.**

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood. You can call the senior center 978-568-9638 to sign up or you can sign up directly with BCBS by Registering Now at: [bcbsma.info/April15](https://bcbsma.info/April15)

**Immunity Boosters and Busters**

**Presented by Tricia Silverman, RD**

**Wednesday, May 5, 2021 2:00 – 2:30 p.m.**

Looking to boost your immunity? Learn which foods and lifestyle practices enhance immunity and which ones decrease your body's ability to fight infection and illness. Join registered dietitian, wellness coach, and fitness instructor Tricia Silverman as she shares practical tips and eye-catching nutrition demonstrations to help inspire you to eat for better health and immunity. You can call the senior center 978-568-9638 to sign up or you can sign up directly with BCBS by

Registering at: [bcbsma.info/May5](https://bcbsma.info/May5)

## **AARP Tax Help Extended:**

The AARP TAXAIDE team is planning to extend the season for 2 more Tuesdays in April. There will only be a few spots available so if you are still interested, please contact the center as soon as possible.

The process will be very different this year. The process begins by taking your contact information and make an appointment for your Intake Interview. You will need to collect all your papers and if doing itemized deductions or filing a Circuit Breaker, you need to summarize all your data. Your Intake Interview will be on the phone or via Google Meet. You will need to agree to have your documents scanned to a cloud account. After your interview, you will be given an appointment to come to the center to have your documents scanned. The scanned documents will be sent to a counselor to complete your return. When your return is finished, you will be scheduled for a time to come to the center to receive a copy of the return and sign a release to e-file the return. Your return will be e-filed and all documents deleted from the cloud account.



## **Upcoming AARP Zoom Events for Massachusetts**

- **The Resilient Brain - A Conversation on Alzheimer Prevention Efforts**

**Tuesday, April 6, 2021 12pm to 1pm**

Learn about new science and research on Alzheimer's disease. Join AARP Massachusetts and attendees from across the U.S. for an engaging discussion on Alzheimer prevention efforts

- **Savoring Sicily: 2,000 Years of History in 100 Iconic Dishes - Food Historian Lecture Series with Francine Segan, Presented by AARP**

**Tuesday, April 13, 2021 5:30pm to 6:30pm**

Discover all the flavors Sicily has to offer with the Food Historian Lecture Series. Savoring Sicily: 2,000 Years of History in 100 Iconic Dishes

- **Let's Talk Ridesharing Apps Like Uber and Lyft**

**Wednesday, April 14, 2021 2pm to 3pm**

It's that easy! This free workshop will show you popular ridesharing apps, like Uber and Lyft, how they work and how they can help you stay independent and connected to what matters

- **Social Security and Retirement Planning- 7 pm**

**How does Social Security fit into your retirement income strategy?**

**Thursday, April 22, 2021 7pm to 8pm**

Some topics that will be covered include: Social Security as part of your retirement, planning the impact of your/your spouse's work history on Social Security benefits and the possible Social Security Reform efforts coming down the pike.

Plus, you could schedule a live one-on one call with a volunteer Certified Financial Planner® professional! \* Disclaimer: Volunteer Certified Financial Planner® professionals (CFPs) will answer your questions to the best of their ability and can provide general guidance and access to helpful resources. Calls are limited to 10 minutes per caller. Limited appointments available. Offer expires 4/22/2021.

**These are FREE events, but advanced registration is required.**

**You can register for all of these events and more at:**

<https://states.aarp.org/massachusetts/events-ma>

## Our Zoom fitness classes

Please see our new classes and join the fun below:

- **Stretch class with Sharon - Thursdays 10:15 -11:00am.** Call the senior center if you are interested. We need your email address to send out a zoom invitation to start the class.
- **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. This class will be from 8:30am-9:15am on Mondays and Wednesday's. Please call to sign up 978-568-9638 we will need your email so Sharon can send you a zoom invitation. \* There will be modifications for each exercise for those with orthopedic issue
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.** Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class. (waitlist)
- **Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.** Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class. (waitlist)
- **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. (waitlist)
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**  
Mike Bleecker is happy to offer his wonderful Parkinson's class via zoom. You will have to call the center 978-568-9638 and leave a message we will need your email address so Mike can send you a zoom invitation.



### Zoom Genealogy Family Research with Charles Corley Wednesday, April 21<sup>st</sup> at 10:30am

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

### Busing News:



The senior center bus is now running for medical appointments and grocery shopping. Please call at least a day ahead. Per the Hudson Board of Health, we can only take one person at time. If the rider needs an escort they may be accompanied by their husband or wife, family member or caregiver; then we can take two. Grocery shopping can be any day of the week, call the day before. One person on the bus at a time. Masks must be worn.

### Face Masks

The Hudson Senior Center has received many homemade good quality face masks. We want to thank everyone who has contributed to our requests for face masks. If you need a mask, please call the center 978-568-9638 leave a message and we will call you. Thank you to everyone who has provided the senior center with so many masks. Your time and effort is much appreciated. Thank you to all who have made face masks for the Hudson Senior Center



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 MirickO'Connell.*

### FINANCIAL PLANNING FOR SENIORS

To whom do you trust to give your financial planning advice? Your accountant? Your kids? The guy you have coffee with at Dunkin Donuts? Your lawyer? God forbid.

The point about financial planning, like all planning, is that you can't plan how to get where you want to go unless you know where you're going. As any senior will tell you, where you're going gets harder to see every year. You know you will die eventually, so you should plan to make it easier for your loved ones after you are gone. What you don't know is when that will be, or what kinds of health challenges you might face along the way – challenges that can be incredibly expensive. So here are my contributions to the advice list:

- Since you don't know what's coming, it pays to stay flexible. Stay away from investments where there is a big penalty for early withdrawal. The lure of a slightly better investment return on an annuity may be outweighed quickly by the penalty (often as high as 10%) if you need that money. Incidentally, the only penalty for early withdrawal of a CD is the lost interest that had accrued as of the time of withdrawal. Given today's low interest rates, that's insignificant.
- Consider early withdrawals (at lower tax rates) from your tax-deferred savings. If you are married, the federal tax rate on income of less than about \$80,000 is 12% or less. By withdrawing small amounts over time, you reduce the potential big federal tax hit (22% or more) that would come if you needed to withdraw money suddenly. If you leave it to your kids, they will often end up paying more tax that you do because of their higher incomes.
- Keep your investment risk low. At our age, who needs to be losing sleep over tomorrow's stock market crash when there may not be time to recover if catastrophe hits?
- Make sure all of your advisors (your investment advisor, your lawyer, maybe not the guy at the Dunkin Donuts) talk to each other. Each one is approaching things from a different angle. Only you know which angle is most important to you. Get them together for a conference call or a Zoom meeting.
- Make sure you have an updated Power of Attorney. A lot of asset restructuring may be needed after you are incapacitated, especially if you then need to qualify for MassHealth. Someone with legal authority should be there to handle those things for you if you can't.

The right plan is the one that helps you sleep at night. Only you know what that is, but people around you may be able to help figure it out. I will be discussing financial planning in more depth during this month's elder law virtual seminar, which can be watched 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, April 14<sup>th</sup>, 2021 from 1pm to 3pm**

Attorney Bergeron will be available for private 15-minute sessions via zoom conference call or telephone call. 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



## Something new on Hud TV!

- Comcast channels for Hudson - Public=Ch.8, Education=Ch.9 and Government Ch.99
- Verizon channels for Hudson - Public = Ch.47, Education = Ch.43 and Government = Ch.4



### **EVACUATION DAY** **By Historian John Horrigan** **Every Monday and Friday at 9am**

Evacuation Day is a holiday observed on March 17 in Suffolk County, Massachusetts and also by the public schools in Somerville, Massachusetts.

The holiday commemorates the evacuation of British forces from the city of Boston following the Siege of Boston, early in the American Revolutionary War. Schools and government offices are closed. If March 17 falls on a weekend, schools and government offices are closed on the following Monday in observance. It is the same day as Saint Patrick's Day, a coincidence that played a role in the establishment of the holiday.

### **USSR- Russia** **Myths, Mysteries and Spying** **A presentation by Attorney Henry Quinlan**

**Every Wednesday starting April 21, 2021 at 10:00 a.m. to 11:00a.m.**

A one-hour presentation based on my 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience. For more information on this program, please refer to the zoom presentation explanation in the April newsletter.

### **Cooking as Self Care – Fads & Myths** **Spinach & Artichoke Pizza**

**Every Wednesday at 9: 15 a.m .on cable**

Massachusetts Councils on Aging's cooking and nutrition series for older adults with Tara licensed and registered Nutritionist for MCOA. You can also watch this on youtube :

Cooking as Self Care - Fads & Myths - YouTube

[https://www.youtube.com/watch?v=nWdp\\_ruTqNQ](https://www.youtube.com/watch?v=nWdp_ruTqNQ)

### ***Eight Keys to Living a Meaningful and Enjoyable Retirement Life***

**A presentation by Attorney Henry Quinlan**

**Every Monday and Friday starting April 26, 2021**

**10:00 a.m. – 11:00 a.m.**

A one-hour presentation, that discusses four important issues in retirement: loss of identity, loneliness, depression, and boredom. It offers proven responses to these issues. It proceeds with a review of a recent study by Columbia University that lays out the "Eight Keys to Living a Meaningful and Enjoyable Retirement Life." In the discussion of the eight keys, there will be examples and explanation for each. The study involved following a diverse group of seniors over 80 years of age in their daily routines over a 2-year period.

## OUTREACH

Just a few updates:

**FUEL ASSISTANCE UPDATE:** The state has extended the deadline for applying for Fuel Assistance to May 28th instead of April 30th (please note: payments are still only for 11/1-4/30) Call the Hudson Senior Center at 978-568-9638 to see if you are eligible for this benefit.

SMOC also has a new online portal. This is **ONLY** for **NEW** applicants that want to apply online. We can give applicants the email address to inquire about this, and SMOC will send them a link that directs them to the portal. They are not posting the link to the portal on the SMOC website. New applications and Re-certifications are still being done **CURBSIDE** or by mail at the Senior Center as well! If you would like our help with fuel applications, we are scheduling appointments to drop off paperwork/sign forms curbside at the Hudson Senior Center. Things look a bit differently this year, but we are still here to help you with your application needs!

Please be aware it is taking some time for fuel assistance applications to be processed. Please be patient. If you have already applied and haven't heard back about the status of your application, you can call the Senior Center and we can try to look into this for you by calling the Fuel Assistance Hotline to check the status of your application. If your application is incomplete and they need additional information from you in order to complete this, we can assist with mailing/faxing this to them as well.

### Homecare Services

Interested in learning more about Homecare Services? The Hudson Senior Center staff is available to speak with you or your loved ones regarding possible services that are available to help keep you safe in your home. Is it getting increasingly more difficult to perform household chores like cleaning, doing your laundry, preparing meals, grocery shopping, or taking out the trash? Assistance can be acquired by privately paying for services, or you can obtain homecare services through an organization if you meet the eligibility requirements. If one was interested in getting services through an ASAP (Aging Service Access Point) the agency that covers the Hudson area is Baypath Elder Services. If you would like to know more about homecare services and what type of assistance they can provide, you can contact them directly at 508-573-7200, or you can talk with Holly or Ana at the Senior Center for more information. As previously stated, applying for services through an agency such as BayPath, there may be certain requirements and guidelines that one may have to meet. Call the Hudson Senior Center for more information, 978-568-9638.





## FOOD ASSISTANCE

### **The Hudson Food Pantry is opened on Tuesdays and Saturdays**

Normal hours 9:00am to 10:30am and 1<sup>st</sup> Thursday of the month at 7pm

Phone – (978) 562-5280/ e-mail – [contact@hudsoncommunityfoodpantry.org](mailto:contact@hudsoncommunityfoodpantry.org) or Facebook Messenger

### **The First United Methodist Church at 34 Felton Street, Hudson MA**

Will deliver food twice a month on the first and third Fridays of the month for those in need. To receive a delivery, you must call Stacey first at 978-601-2494.

**Agape Café** – Take Out Dinners Thursdays at 4:30pm. Our team will be practicing Social Distancing to prepare and deliver your meal. Your dinner will be delivered right to your car. We ask that you comply to Safe Distancing by wearing a mask and stay in your car. The free dinners are for everyone and all are welcome to partake.



### **Update on Medical Equipment Lending Program**

**At this time, we are NO longer accepting or lending out any medical equipment,** however we have two resources that you could contact that loan out medical equipment:

- REquipment located in Worcester. Telephone: 508-713-9690
- Hospital Equipment Loan Program (HELP) located in Woburn. Telephone: 781-322-1052. They are open on Saturdays from 9-noon.

Looking to Donate Equipment? **Northborough Helping Hands** accepts donations of durable medical equipment in good condition. email: [equipment@NorthboroughHelpingHands.org](mailto:equipment@NorthboroughHelpingHands.org)

Phone: 508-393-5020 (Northborough Family and Youth Services)

### **Caregiver Support options**

- **Virtual Caregiver Support Group with Regina from Better Day**

Mondays, 5:30pm - 6:30pm

Please contact Regina at: [regina@betterdayprogram.org](mailto:regina@betterdayprogram.org) if you would like to join.

- **Caring for Caregivers**

Meetings resume at Hudson's First United Methodist Church at 34 Felton St. on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month, from 11 a.m. to noon in Lamson Hall on the first floor of the church.

In these current difficult times of isolation, caregiving for a loved one may have become more challenging. Come talk about your concerns and feelings with those who know what you are going through. More information is available at 978-562-2932 or at [www.hudsonfumc.org](http://www.hudsonfumc.org)

- **Minuteman Senior Services Together with Emerson Hospital**

We are launching a virtual caregiver support group for family and friends caring for older adults. Space is limited. To register or with questions, contact us at (781) 221-7079 or

[K.Sullivan@MinutemanSenior.org](mailto:K.Sullivan@MinutemanSenior.org)

**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:00 ÀS 3:00 DA TARDE.**  
**O NÚMERO DE TELEFONE É 978-568-9638 EXT.476**

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

Este inverno, precisa ajuda com as depressas 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 2020 até o dia 28 de Maio de 2021. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

**Número de Pessoas na Família Rendimento**

1	\$39,105
2	\$51,137
3	\$63,169

**AJUDE A EVITAR A DISSEMINAÇÃO DE DOENÇAS RESPIRATÓRIAS COMO A GRIPE E A COVID-19:**

- Lave as mãos frequentemente com água morna e sabão ou use um álcool gel higienizador u para mãos.
- Evite tocar seus olhos, nariz e boca.
- Limpe os objetos que você toca frequentemente com sprays para limpeza caseira ou lenços umedecidos desinfetantes.
- Cubra sua boca quando tossir ou espirrar, usando um lenço de papel ou a parte de dentro de seu cotovelo, não as mãos.
- Fique em casa se estiver doente e evite contato próximo com outras pessoas.
- Pense com antecedência sobre como vai cuidar de si mesmo e das pessoas que você ama.

Mais informações em: [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus)

**DATAS IMPORTANTES**

Dia 7 de Abril – Bingo com Diane Durand lá fora no pavilhão do Elks de Hudson à 1:00 da tarde. Todos devem usar mascara. Telefone para o Senior Center – 978-568-9638 para reservar o seu lugar.

Dia 14 de Abril – Consulta grátis com o Advogado Bergeron à 1:00 da tarde através de “Zoom”. Telefone para o Senior Center para marcar um apontamento.

**Dia 19 de Abril – O Senior Center estará fechado pelo feriado de “Patriot’s Day”.**

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

Dia 28 de Abril – “Grab and Go” Kit de plantas para o jardim do “Bemis Farms” ao meio-dia no Senior Center. Telefone para 978-568-9638 para reservar o seu Kit. O custo é \$10.00 por Kit.

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



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

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



# APRIL

## WORD SEARCH



a	d	x	a	l	i	p	c	w	a	i
y	i	g	b	e	e	d	u	j	n	s
k	a	a	i	o	l	a	v	t	h	s
u	m	e	o	h	o	f	d	u	o	s
f	b	z	i	i	u	f	h	l	i	m
a	n	c	k	j	a	o	i	i	i	y
h	d	b	n	g	r	d	o	p	u	i
a	e	e	e	l	b	i	i	o	j	v
m	a	g	f	o	r	l	u	d	p	a
e	a	s	t	e	r	v	i	k	e	x
p	s	a	l	m	e	o	i	o	u	a
b	v	t	o	u	u	n	c	t	o	t
c	u	n	d	e	r	g	r	a	d	s
p	a	s	s	o	v	e	r	u	u	e
e	s	h	o	w	e	r	s	r	y	i
d	a	t	a	b	f	e	d	u	r	n
v	b	l	o	o	m	q	f	s	a	i
e	s	h	p	f	g	z	v	w	x	a

### WORDS

showers  
underground  
daffodil  
tulip  
bloom  
taurus  
diamond  
earth  
easter  
passover  
fool

