

**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

April
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, 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.



March 2022

REP. KATE HOGAN'S SENIOR NEWS

What the Shutdown of 3G Wireless Networks Means for Seniors

By the time you're reading this, several of the major wireless carriers will have shut down their 3G wireless networks.

What does this mean, exactly?

Mobile carriers are retiring 3G technology to add bandwidth for faster and more reliable network services, such as 5G. The decommissioning effort is underway, and 3G coverage is already being phased out as the final sunset dates approach.

AT&T will retire 3G service in February 2022.

T-Mobile Sprint will finalize 3G shutdown on March 31, 2022.

Verizon will sunset 3G by the end of 2022

If your mobile carrier is not listed here, you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers, utilize AT&T's, Verizon's, and T-Mobile's networks.

How will this service shutdown impact you?

For older phones and devices, the loss of 3G coverage will impact call and data service, including the ability to contact 911. The FCC urges consumers with phones older than the iPhone 6 or Samsung Galaxy S4 to contact their local mobile carrier or visit their carrier's website to determine if a new device or software upgrade is necessary. Wireless carriers have contacted many consumers with affected devices. Your carrier may have already contacted you if you need to upgrade your device.

According to the FCC, the transition will also impact many other industries and technologies. A failure to upgrade technology in advance of the shutdown may affect home and commercial security systems, monitored fire alarms, personal emergency alert devices, and vehicle SOS systems, among other advanced technologies.

Visit the FCC website, <https://www.fcc.gov>, for more information about the 3G phase out, suggested next steps for consumers, and resources to help stay connected.

If you have questions or concerns, or need assistance, please do not hesitate to contact my office.

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Rep. Hogan can be reached by phone at 617-722-2600 or by email at Kate.Hogan@MAhouse.gov. You can also connect with Rep. Hogan on Facebook ([facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)) or Twitter (@repkatehogan).

Contact Rep. Hogan's District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Office hours for constituents will be held at the Maynard Public Library on April 21 from 6-7 pm. Please wear a mask if you are not fully vaccinated and boosted.

Hello to Everyone,



April is Volunteer Month

We would like to thank our many Volunteers! Our 40 Meals on Wheels volunteers have done an outstanding job delivering just under 14,000 meals to seniors at home in FY 21. This program is essential to many seniors and these wonderful volunteers did not let them down. Our Council on Aging Board members have not only met every month for their COA Board meetings, via zoom, but happily attended additional meetings to provide advice regarding critical decisions affecting the Senior Center, senior citizens and staff during the pandemic. Our Friends Organization, their Officers and members continue to provide financial support and encouragement to the Hudson Senior Center. We are also grateful to our volunteers who help every week with our Social Day Program, DayBreak. This program is successful in part to their dedication and help. Thank you to all our volunteers!

Some Good news!

Due to the low number of Covid-19 cases we will slowly bring our fitness classes back to the center. We are starting in April with Sharon's Stretch and Cardio and Weights classes. The Cardio and Weights class will be offered, as before on Mondays and Wednesdays in the morning at 8:30 am but we are adding a Cardio and Weights class in the afternoon at 3:00 pm also on Mondays and Wednesdays. The Stretch class will be Thursday mornings 10:15 am – 11:00 am. The in-person class size is limited to 20, others can still join the class via zoom, as Sharon will zoom her classes from the senior center. You must sign up for the in-person class so we can keep track of the number of attendees. Our calendar and fitness pages will have the dates and times of her in-person and zoom classes. Please pay attention to the dates and times as Sharon is taking some time off; April 6th through April 13th but will be doing a couple of zoom classes during that period. Again, our fitness and calendar pages have the April schedule. We look forward to seeing our Fitness Friends at the center!!

**A new monthly Caregivers Support Group at the Hudson Senior Center
Beginning Thursday, May 12th at 1pm-2pm**

Hi, my name is Alex O'Hare and I am the community social worker for the Town of Hudson. Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. I will be starting a monthly Caregivers Support Group at the senior center on Thursday, May 12th at 1pm-2pm and the second Thursday every month afterwards. 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. Call the senior center today to reserve a spot with this group. Thank you, I look forward to hearing from you.

**Join us for A Meet and Greet with
our new Community Social Worker Alex O'Hare
Friday, April 29th 10am - 11am**

This is a great opportunity to meet Community Social Worker Alex O'Hare. We will have light refreshments, casual conversations and I am sure some laughs. We may have a surprise visit from Officer Crogan and our new community resource dog Murf 😊. You must sign up for this by calling 978-568-9638.

Reminder: Senior Center Closed on Monday, April 18th for Patriots' Day

**The Hudson Police Departments' new
Community Action Team will visit the Hudson Senior Center
Thursday, May 5th at 11:30am**



The new Community Action Team will provide information and advice on how to deal with current scams facing seniors today served with a Boxed Lunch. This program is limited to 20 people and you must call 978-568-9638 to sign up. Thank you to our Hudson Police Department.

Bemis Farms Floral Craft



**Friday, April 22nd at 11:00 am at
Cost to you: \$15.00**

Bemis Farms returns with a Cool-Loving Spring Bowl of an assortment of flowers. This will be done at the senior center and there will be a limit of 20 people. Cost to you is \$15.00 and the senior center will pay the balance.

****Call beginning Wednesday, April 6th to reserve your spot****

Back by Popular Demand...



**Assabet's Lasagna Roll Up with Garlic Bread
and Peach Cobbler**

Friday, April 29, 2022 between 12:00-12:30pm pick

up

at the Senior Center

Cost to you is still \$5.00 which you bring when you pick up your meal.

****Call beginning Wednesday, April 6th to reserve your spot****



**A Musical Baseball Show with Howie Newman
At the Hudson Senior Center on**

Monday, May 9th at 11:30am

Howie Newman a local singer-songwriter will perform a unique, interactive and highly entertaining program including singing baseball songs, baseball trivia and telling stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines.

The show also includes a free raffle for his two baseball CDs and a display of his personal baseball memorabilia.

A boxed lunch from Assabet will include turkey and cheese sandwich on a soft roll, potato chips, cookie and water for \$5.00

This program is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Hiking Club with Gary & Rocky

Gates Pond Reservoir Loop meeting Tuesday, April 12th at 9:30 am.

Gary Durand has offered to take people on a hike at Gates Pond Reservoir Loop also known as the "Best Scenic Pond in Massachusetts". This will be a 2.4-mile easy hike. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!



Well Being Series Continues in May

Our new Well Being Series, Self-Empowered Living and Mindful Living from Synergy will return in May 2022. Both classes provide self-help techniques that will relax and calm our minds. **Each class will be offered once a week for 4 weeks.** Janice, Ana and Holly attended both these classes and found them to be extremely helpful dealing with the stress of the pandemic and stressors of life in general. We are signing up for this session as well so please join us!

These FREE classes were designed to build resilience; helping us adapt to life's challenges.

- **Self-Empowered Living** will teach strategies to work through anxiety that many of us have experienced through the pandemic, stress and winter blues. This class will start **Wednesday May 11th, from 10am to 11:00am and end on Wednesday, June 1st from 10am to 11am.**
- **Mindful Living** will focus on meditation and relaxing the mind. This class will be every Thursday starting **Thursday, May 5th at 9am–10am and end Thursday, May 26th 9am – 10am.**

Please call the center to sign up for these great classes funded by ARPA (American Rescue Plan Act).

Healthy Living from a Chinese Medicine Perspective

Monday, April 25, 2022 12-1pm
at the Hudson Senior Center with
Marianne Volpe LAc, MAcOM



This class will discuss Chinese Medicine-based approaches to uncovering your unique strengths and challenges. You will develop an understanding of your body's constitution and its inherent strengths and weaknesses, learn eating strategies based on the wisdom of Chinese Medicine, practice breathing exercises that will regulate gaseous transmitters in your body creating better well-being, and explore the best types and amount of movement for your body. This class will be presented by Marianne Volpe LAc, MAcOM.

Assabet Technical High School's Tech Savvy students are back again to answer your technology questions

Friday, April 8th 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.**



“VETS TALK” A program for Veterans

Thursday, April 7th, 14th & 21st 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.

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights- Select Mondays & Wednesdays 8:30-9:15am in April**
April 4th, 20th, 25th & 27th (The class will be limited to 20 people)
- **PM Cardio & Weights- Select Mondays & Wednesdays 3-3:45pm in April**
April 4th, 20th, 25th & 27th (The class will be limited to 20 people)
- **Stress Reduction with Qigong 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

- **Stretch class with Sharon -Select Thursdays 10:15 -11:00am in April**
April 14th, 21st, 28th (The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class 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. (The class will be limited to 20 people)

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**
April 4th, 11th, 20th, 25th & 27th
- **Zoom PM Cardio & Weights- Mondays & Wednesdays 3-3:45pm**
April 4th, 20th, 25th & 27th

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.

- **Zoom Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Zoom Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom 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 Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**

*Reminder: No Class on Monday, April 18th due to Holiday.
Please see daily calendar to view class schedules*

“Movie Day” at the Center



Here is the listing for the movies in April. 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, April 11th & Friday, April 15th – CODA



Seventeen-year-old Ruby (Emilia Jones) is the sole hearing member of a deaf family -- a CODA, child of deaf adults. Her life revolves around acting as interpreter for her parents (Marlee Matlin, Troy Kotsur) and working on the family's struggling fishing boat every day before school with her father and older brother. But when Ruby joins her high school's choir club, she discovers a gift for singing. Encouraged by her enthusiastic, tough-love choirmaster to apply to a prestigious music school, Ruby finds herself torn between the obligations she feels to her family and the pursuit of her own dreams.

Rating: PG-13 Runtime: 1hr 51min

Monday, April 25th & Tuesday, April 26th – The Dig



As WWII looms, a wealthy widow (Carey Mulligan) hires an amateur archaeologist (Ralph Fiennes) to excavate the burial mounds on her estate. When they make a historic discovery, the echoes of Britain's past resonate in the face of its uncertain future.

Rating: PG-13 Runtime: 1hr 52min

Emerson Hospital's Free Parkinson's Virtual Education Sessions

These interactive sessions offer education and resources to help improve your quality of life when living with Parkinson's Disease.

- The April Educational Sessions are:
- April 8th, 1-2pm: “Speech Language Pathology and Parkinson Disease” with Joy Walsh MS, CCC-SLP
- April 22nd, 1-2pm: “Fine Motor Control in the Parkinson's Patient” With Kyleigh Well, OT

For more information and how to register please visit www.emersonhospital.org/parkinson



Medicare Wellness Webinars

Join Medicare Wellness Webinars

Food and its Healing Effects Monday, April 11th 2:00pm -2:30pm

Presented by Tricia Silverman, RD

Learn about food and nutrition strategies to prevent against heart disease, cancer, diabetes, Alzheimer's and other chronic health issues. See why food is truly medicine and how eating strategically may help keep the doctor and medicine away. Register Now at bcbsma.info/Apr11

Eight Happiness Boosting Strategies Wednesday, April 27th 10:00

Presented by Susan Flanagan & Janet Fontana

Have you ever wondered how some people can be happy even when things are not going their way? Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life.

Register Now at bcbsma.info/Apr27

Message from the Friends...

Next Friends Meeting: Tuesday, April 12th at 9:30am

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

Please consider attending a meeting to see what we're all about.

Meetings are held on the second Tuesday of the month at 9:30am.

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

Transportation News...



Food Shopping Day : 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**

Hudson Senior Center Trips 2022



Wednesday, June 15th The McCartney Years

Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCartney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod. *No Refunds for cancellations after 6/3/22*

Price: \$99.00pp

Thursday, July 21st 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

Tuesday, October 25th The British Invasion Years

Danversport Yacht – Danvers, MA More than just the Beatles, this nostalgic musical retrospective spans the entire first wave of the British Invasion era. The first half of the show is the British Invasion featuring chart toppers by the iconic British groups such as The Zombies, Dave Clark Five, The Rolling Stones, The Hollies, Herman's Hermits, and many others. The second half of the show features the American Response, with the biggest hits by legendary artists like The Monkees, Simon & Garfunkel, The Beach Boys, The Mamas and The Papas, to name just a few. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

No Refunds for cancellations after 10/13/22

Price: \$99.00pp

Informational Flyers available at the front desk



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.*

IF YOU NEED NURSING HOME CARE, YOU CAN (ALMOST) ALWAYS QUALIFY FOR MASSHEALTH

I have spoken to literally thousands of people over the years who want to protect their assets in case they need nursing home care and they want to qualify for MassHealth (MassHealth is the Massachusetts name for the federal Medicaid program.). What most people do not realize, though, is that they can (almost) always qualify for MassHealth, even at the last minute.

If you are married, you can qualify for MassHealth by shifting your assets to your spouse, even at the last minute, and then having your spouse take the necessary steps to restructure assets so that his or her total assets are less than a certain amount set by the government. After you qualify for MassHealth, you will have to pay your social security and pension income (minus a small adjustment) to the nursing home, but MassHealth will pay the rest.

Even if you are single, in almost all cases you can still qualify for MassHealth at the last minute by restructuring your assets in a particular way. After that, you pay your pension and social security (again, minus a small adjustment) to the nursing home and MassHealth pays the rest.

Once you're on MassHealth, the nursing home rate for your bed will drop from the private pay rate (typically \$13,000-\$15,000 per month) to the MassHealth rate (typically \$7,000-\$8,000 per month). While MassHealth will have a claim on those restructured assets after your death, the claim will be based on that much lower bed rate, so it is much more likely there will be something left over for your children.

To qualify for MassHealth at the last minute, you can do one of two things, or a combination of them:

- Transfer the funds to a special kind of trust called a "d4c pooled trust." To learn about those, you can Google the term "pooled trusts." These funds can be used to supplement your care while you are alive, and, once the MassHealth lien is paid off after you die, the remaining funds can go to your children.
- Buy a particular kind of annuity. As long as the annuity requires equal monthly payments during your lifetime, buying the annuity will reduce your assets by converting them to income. While the monthly annuity payments will go the nursing home, by reducing the amount that MassHealth paid on your behalf, you can reduce the MassHealth claim at your death.

Obviously, this is all pretty complicated, but it can save you and your family a lot of money if you or someone you love needs nursing home care. So before you simply resign yourself to paying those big nursing home bills, talk to an elder law attorney to explore your options.

For more information, you may want to check out my April seminar on Frank and Mary's YouTube channel, 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



15-minute Legal Advice with Attorney Arthur Bergeron Wednesday, April 13th from 1pm to 3pm by appointment only

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center 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, April 20th 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!

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. 😊

BRIDGE

Tuesday & Friday 1pm-3pm



PM CARDS

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

Open Painting Studio



Calling all artists and latent artists
Come join us 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 2012.**



Check out our new Large Print section



Housing options

Have you ever wondered what types of housing are available to you as a senior? Do you think it's time to downsize? Maybe you'd like to stay in your home but require some assistance in order to do so. With this being said, it is important to know what options are available to you.

As previously stated, many times people are able to stay in their home, sometimes with some sort of assistance. This type of help can come in the form of homecare services. They 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 meet with Holly, Ana or Janice at the Senior Center for more information.

The Senior Center Staff can discuss with you what types of alternate housing options are available, if you feel that you are ready to downsize, or require more assistance and support. These options can range from downsizing and applying for senior housing, discussing Assisted Living and Independent living facilities and the type of care they provide as well. If you're interested in learning more about your options, call the Hudson Senior Center at 978-568-9638 and ask to speak with someone from Outreach.

Medicare update:

The Medicare Advantage Open Enrollment Period has come to an end as of the March 31. This means that if you were in a Medicare Advantage Plan and want to make a change, you should schedule an appointment with a SHINE counselor and see what options are available to you! As always, if you ever have any questions or concerns about your health insurance and/or medication costs, please reach out to your local SHINE dept.

Fuel Update:

Please be aware that the last date to apply for fuel assistance for *this* heating season is April 30, 2022. To apply for fuel assistance, you can be of ANY age, so if you know of anyone who may be interested, pass the word along! Call 978-568-9638 to schedule an appointment.

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



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 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

DATAS IMPORTANTES

Dias 6, 13, 20 e 27 de Abril – Group de croché no Senior Center às 9:30 da manhã.

Dia 12 de Abril – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 13 de Abril – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para o Senior Center para marcar um apontatmento.

Dia 18 de Abril – O Senior Center estará fechado pelo feriado de “Patriot’s Day”.

Dia 22 de Abril – “Kit de plantas do “Bemis Farms” ‘ às 11:00 da manhã no Senior Center. Telefone para 978-568-9638 a **partir do dia 6 de Abril para reservar o seu kit. O custo é \$15.00. Limitado a 20 pessoas.**

Dia 25 de Abril – Palestra gratis com Marianne Volpe sobre “Healthy Living from a Chinese Medicine Perspective” ao meio dia. Telefone para o Senior Center para reservar o seu lugar.

Dia 29 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.**

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

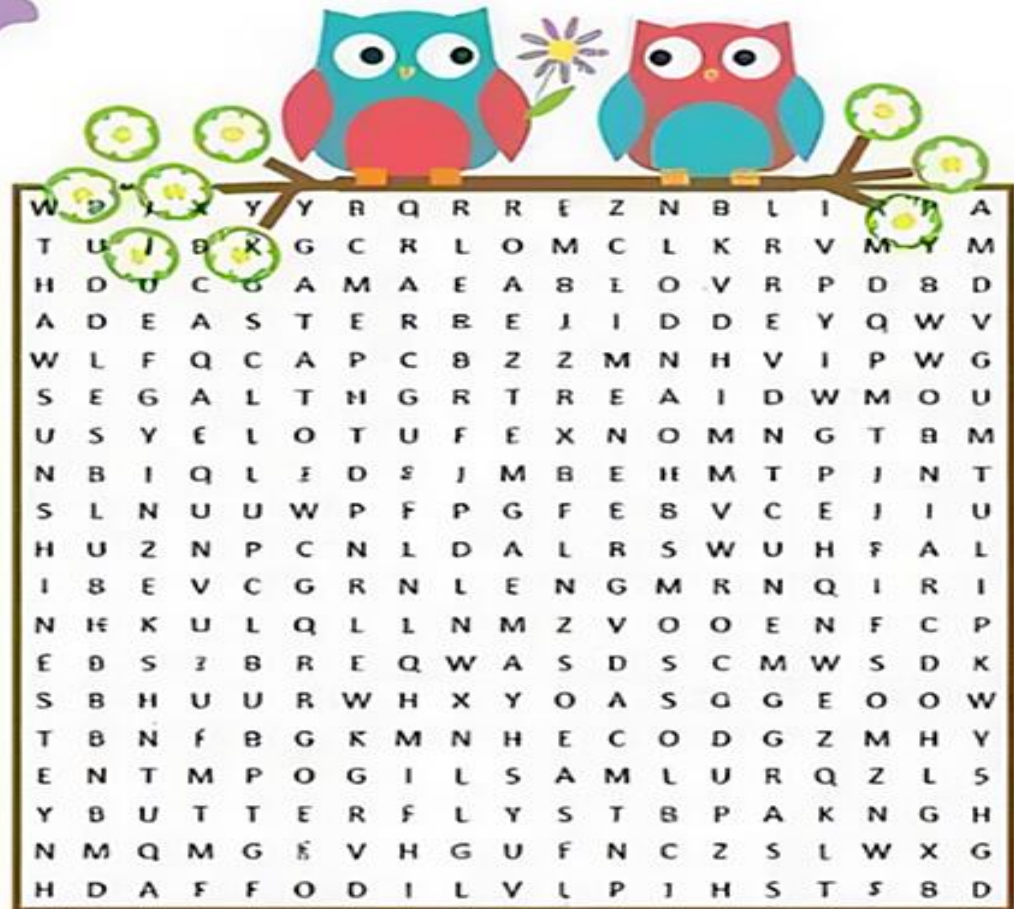
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4	2		1	6	9			
1	6		8				7	

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

Spring Word Search



April
 Blossom
 Breeze
 Bud
 Bulbs
 Bunny
 Butterfly
 Chick
 Daffodil
 Easter
 Eggs
 Grass
 Green
 Hatch
 June
 March
 May
 Nest
 Puddle
 Rainbow
 Robin
 Season
 Showers
 Sunshine
 Thaw
 Tulip
 Umbrella





April



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
				08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
4 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a zoom Cardio/Weights 12:00p Mah Jong 03:00p PM Cardio/Weights	5 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 09:45a Billiards League 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	6 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:30p Bingo 01:00p COA Brd Mting	7 08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30- 12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	8 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 10:30a Tech Support 12:15p Scrabble 01:00p Bridge
11 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Cardio/Weights 12:00p Mah Jong 12:30p Movie Day	12 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:30a Friends Meeting 09:30a Hiking Trip 09:30a Stress Reduc. 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	13 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Cardio/Weights 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:30p Bingo 01:00p Bergeron Advice	14 08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30- 12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 10:15a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	15 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p Bridge
18	19	20	21	22
	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 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	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a zoom Cardio/Weights 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:30a Genealogy 12:30p Bingo 03:00p PM Cardio/Weights	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30- 12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 10:15a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 11:00a Bemis Farms 12:15p Scrabble 01:00p Bridge
25	26	27	28	29
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a zoom Cardio/Weights 12:00p Chinese Medicine Perspective 12:00p Mah Jong 12:30p Movie Day 03:00p PM Cardio/Weights	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 09:45a Billiards League 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a zoom Cardio/Weights 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:30p Bingo 03:00p PM Cardio/Weights	08:00a Library 08:30a Billiards 09:30a Gift Shop 9:30- 12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 10:15a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Meet Alex Ohare 10:00a Quilting 12:00p Grab and Go Lunch 12:15p Scrabble 01:00p Bridge