

**Town Of Hudson
Council on Aging**
Multi-Service Center
29 Church St.
Hudson, MA



Hudson Senior Center

Non-Profit Organization
U.S. Postage
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Hudson, MA 01749
Permit #55



2020

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
- Vinny Giombetti - 978- 562-6343
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Charles Corley - 978-568-8840
- Diane M. Durand - 978-621-9665

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm (No meetings in July & Aug)

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.



AUGUST 2020

REP. KATE HOGAN'S SENIOR NEWS

Protect Against Scams & Fraud

I look forward to better days when we can all be together again; until then, please stay safe and wear a mask in public. I also want to talk about staying safe when it comes to an ongoing concern for seniors: scams and fraud aimed at seniors.

Massachusetts stands out as having some of the strongest Consumer Protection laws within its Chapter 93A scheme, including broad protections and definitions, expansive authority to chief law enforcement officers, and allowing civil and class actions brought by individuals.

You are urged to contact local police if you think you have been targeted in a scam or fraud. In addition, following are some details on state and federal government protections and resources to guard against fraud:

- **Debt Collection Regulations** On March 27th, the AGO filed Emergency Debt Collection Regulations for the State of Emergency. The regulations state it is an unfair or deceptive act for any creditor or debt collector to seek legal remedies for debt, such as initiating, filing, or threatening to file any new collection lawsuit or seek an equitable remedy (such as garnishment, seizures, or repossessions). Exceptions include actions for loans secured by mortgages on real property or for a regulated utility. The regulations also include prohibition on outbound debt collection calls by debt collectors and debt buyers. Exceptions include informing a consumer of a rescheduled court appearance and for debts secured by a mortgage on real property. On April 13th, the AG's Office determined that emergency funds that will be issued to consumers through the CARES Act are exempt from seizure or garnishment by creditors under Massachusetts's law.
- **Stimulus Checks** Over the past few weeks, many citizens have received stimulus checks from the Internal Revenue Service (IRS). In these uncertain times, the IRS is urging taxpayers to be cautious and keep an eye out for a potential rise in phishing scams. A consumer who believes their economic impact payments have landed in the hands of an identity thief can report it to the FTC and the IRS at the same time by going to www.identitytheft.gov to complete an IRS Identity Theft Affidavit (IRS Form 14039) and submit it electronically to the IRS. IdentityTheft.gov will also give you a recovery plan with steps you can take to help protect yourself from further identity theft.
- **Robocalls & Scams** Scammers are taking advantage of anxieties surrounding COVID-19, and may call offering "coronavirus kits", "COVID-19 packages", or offer Medicare benefits surrounding the virus. However, they will also ask you to verify personal information, such as your bank account or social security number. You can and should report these instances to the FTC at www.ftc.gov/complaint.
 - Scammers may also pretend to be calling from the IRS, Census, or social security and claim you are eligible for relief, cash payment, or that there is a check waiting for you. They may ask for money, personal information, or both. The surest sign of a scam is when you are asked to pay with cash, use a gift card, wire money, or use cryptocurrency (i.e. bitcoin).
 - Remember, the best thing to do in the event of a scam call is to hang up. Do not press any numbers.
- **Price Gouging** Consumers are urged to report unreasonably high prices of consumer goods to the Consumer Protection Division of the Attorney General's Office by calling 617-727-8400 or by filing a complaint online via the AG's website.
- To avoid **Charity Scams/Mutual Aid Networks**, always make informed decisions on the charities or groups you are looking to give to. Do your research into Mutual Aid Networks in your area before participating. Visit www.bigdoorbrigade.com for a list of known networks, or how to start your own.

Contact Rep. Hogan:

My (virtual) door is always open. 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.

Kate

Hello to Everyone!



I hope you are all well and remembering to wash hands, wear masks and social distance.

We did our first grab and go lunch in July and had fun doing it. It was great seeing people and I want to thank all the people who came for wearing your masks. We can't be too careful and limiting our interactions to short periods of time is simply more safe. We will be doing another grab and go on August 27th. More information is in this newsletter.

Something else new this month is our collaboration with Hud TV. I have been working with Lynda Chilton and the Hud TV team and they are giving the Hudson Senior Center some air time! They have dedicated Mondays, Wednesdays and Fridays from 9am -11am for Senior Center programming time. This month we have an entertainer and a basic dementia sensitivity training to offer you. I want to thank Hud TV for helping us reach more people at home. All you have to do is tune into Hud TV and watch the programs. Further details are in this newsletter. Please watch!

Diane Durand and I have been working with the Town of Hudson IT department, specifically Jerry, regarding Zoom Bingo. We had a 3 hour training with Jerry to try to make this happen. (Diane is also looking at other outside venues more on that later) We know our Bingo fans are missing the game. I would like to thank Eron and Jerry from our IT department for helping us connect to our Bingo fans.

Seniors seem to like our Zoom fitness classes. We are fortunate to offer a couple of new classes in September. Sharon will be offering a strength training class and Mike Bleecker will start his Parkinson's class in September. See the Zoom fitness section in this newsletter for more details.

Unfortunately, COVID 19 is not under control and the Fall Season is just a few weeks away bringing the annual flu. Please do not let your guard down. No matter what, it is important for everyone to wear a mask and keep your distance from others. Close contact with other people increases risk. In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about: How many *people* will you interact with?

- Interacting with *more people* raises your risk.
- Being in a group with people who aren't social distancing or wearing masks increases your risk.
- Engaging with new people (e.g., those who don't live with you) also raises your risk.
- Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

Can you keep 6 feet of *space* between you and others? Will you be outdoors or indoors?

- Choose outdoor activities and places where it's easy to stay 6 feet apart.
- Look for physical barriers like plexiglass, screens or modified layouts that help you keep your distance from others.
- Keep these items on hand and use them when venturing out: a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.

Our Zoom fitness classes are doing GREAT

Please see our new classes and join the fun below:

- **Stretch class with Sharon - Tuesdays and Thursdays 10:15 -11:00pm.** 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 : 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 Wednesday's beginning in September. 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.
- **Chair Pilates with Jennifer Davidson – Mondays 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.
(*This class is for those who already had taken a chair pilates class with Jennifer*)
- ****Zoom Parkinson's Class with Mike Bleecker starts Tues. Sept. 15th 10:30-11:30**
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 Coffee Hour with Staff & special guest... Kelli Calo, Director of Public and Community Health Tuesday, September 1st at 10am

We miss seeing everyone so join us for a morning coffee and some fun conversation!

Sign up by emailing Jlong@townofhudson.org or vfigueiredo@townofhudson.org just call the front desk to register. We will send you a zoom invitation. Please join this will be fun!

Grab and Go Lunch on Thursday, August 27th at the Hudson Senior Center 12noon.



Your choice of : a **turkey bacon ranch sandwich with lettuce and tomato on a bulky roll**
or **tuna salad with lettuce and tomato on a bulky roll both come with chips and fruit.**

Cost is \$5.00. You must call the senior center 978-568-9638 to sign up for this and provide your sandwich choice. You can send in your check for \$5.00 or you can pay with a \$5.00 bill exact change only or check during the drive through. Again you must sign up for this!

Limit to 60 people! Staff will be handing out the food and looks forward to seeing you all!

Remember to call to sign up! See you there!!!

Senior Center Bus News:



We are considering starting the Senior Center Bus service for necessary medical appointments only. Please call 978-568-963 for when this service will start.

**The Massachusetts Registry of Motor Vehicles (RMV)
Presents a FREE Webinar on Sept. 15th at 10:00 on
REAL ID - What you need to know and important deadline**

This webinar will help you understand the difference between a REAL ID and a Standard ID and help you decide whether or not you will need to obtain a REAL ID. This webinar will also provide information on important deadlines, highlight acceptable documents, and help you prepare for your visit to the RMV or AAA. Join us and understand if the REAL ID is right for you. **Please RSVP to the Senior Center and provide an email address and we will send you a link to the virtual workshop on September 14, the day before the event.** This will be like a conference call and you will be able to ask questions!!



Reminder : The Hudson Senior Center has a new phone system.

When you call our center you will hear a recorded message, but you do not have to listen to the entire message. You can press the numbers for the extensions below and get directly to us and leave your message.

Janice Long ex 470, Virginia Figueiredo ex 471, Holly Richardson ex 475, Ana Terra-Salomao ex 476.

If you do listen to the entire message it will tell you to press 1 for the front desk which is Virginia, or press 2 for social services which are Holly and Ana.



HudsonFarmers' Market Dates: June 6-Oct. 31

When: Tuesdays 3:30-6:30pm

Where: Town Hall Lawn

Local produce, meat, fish, dairy, bread, sweets, flowers, jams, pickles, honey and more!
Masks Required.

**Tina from BEMIS FARMS will return to Hudson
With September Autumn Art on Tuesday Sept. 8th.**



Nothing says fall quite like chrysanthemums! Combine them with fall foliage for texture, and a grass or two, and you get a masterpiece of color for your doorstep.



Tina from Bemis Farms will drop off kits with instructions to complete this beautiful project. If you are interested the cost to you is \$10.00 the Hudson Senior Center will cover the balance (another \$10.00). You must sign up for this by calling our office 978-568-9638. You can mail in your \$10.00 check to the Hudson Senior Center 29 Church Street, Hudson MA 01749. Again, the Senior Center will match your \$10.00 so you can make this beautiful and fun project for the start of the fall season. We will notify you of the time on Tuesday Sept. 8th, you can drive to the senior center and we will hand you your floral kit and off you go. You don't even have to get out of your car. ☺

Census Takers in Your Neighborhood

Starting in July, census takers will visit homes that haven't yet responded to the 2020 Census.



What to Expect:

Census takers will wear masks and follow local public health guidelines when they visit your home. All census takers complete a virtual COVID-19 training on social distancing and other health and safety protocols before beginning their work in neighborhoods.

Census takers are hired from your area, and their goal is to help you and everyone in your home be counted in the 2020 Census. If the census taker who visits your home does not speak your language, you may request a return visit from a census taker who does speak your language.

If no one is home when the census taker visits, the census taker will leave a notice of their visit with information about how to respond online, by phone or by mail.

If you respond online or by phone today, a census taker is less likely to have to visit your home to collect your response.

How Can You Verify That Someone Is a Census Taker?

If someone visits your home this year to collect information for the 2020 Census, check to make sure they have a valid ID badge with their photograph, a U.S. Department of Commerce watermark, and an expiration date. Census workers may also carry Census Bureau bags and other equipment with the Census Bureau logo.

Census takers may also deliver a paper questionnaire by hanging it on the front door in a water-resistant plastic bag.

If you still have questions about their identity, you can contact your regional census center to speak with a Census Bureau representative. **1-800-991-2520**

****If you would like some assistance with the Census, BayPath Elder Services can provide support via phone or Zoom to help people who have not yet completed their census forms. EVERY ONE OF US COUNTS and helps secure funding to improve our communities' resources for EVERYONE who lives here! For more information and/or help completing your census form, please contact Edmilse Diaz at 508-573-7237. She can explain how your information is secure and cannot be shared, help you complete the census by using an online form, and support you if your primary language is English or Spanish.**

Why is the Census important?

Through the Census information, government officials learn how better to serve our communities and provide benefits, including the following:

- Better sanitation.
- Effective transportation.
- Money allocated to the right areas.
- Schools and hospitals built and maintained.
- Construction for needed highways.
- Organized housing districts.



Something new and we are doing this on Hud TV!

**Old Time Sing-Alongs
With Roger Tincknell**

**Singer, Yodeler, Multi-Instrumentalist
Mondays, Wednesdays and Friday at 9am on Hud TV**

Please note that this program will air daily during the month of August on Monday, Wednesday and Friday at 9am. If you get your cable through Comcast, Hud TV will be on Ch. 47. If you get your cable through Verizon Hud TV will be Ch. 8.

This program will air daily during the month of August on Monday, Wednesday, Friday and Sunday at 1:00pm and Tuesday, Thursday and Saturday at 4:00pm Old Time Sing-Alongs take us down memory lane with many songs folks may remember singing with their families on vacation in the car or around the campfire. From traditional American and folk songs to movie themed songs (Somewhere Over the Rainbow) to swing and cowboy songs, the program draws from a variety of styles found in the great American song bag. Performed on guitar, banjo, mandolin, ukulele, Irish Bodhran and harmonics, this festive program may also include "standards" from the 1930's/40's swing era; toe tapping period classics such as, Accentuate the Positive, Glory of Love, and Swinging On a Star. Other familiar songs may include: Oh, What a Beautiful Morning, Old Cape Cod, What a Wonderful World, Dream a Little Dream of Me, Georgia, Rose of San Antone, Moon River, and many many others including Banjo songs.

Roger Tincknell has been performing for children, families, and seniors in the U.S., Canada and Europe for over 40 years. His strong, expressive vocal styles, show stopping yodeling and masterful instrumental skills bring a warmth and versatility to his performances.



Also on Mondays, Wednesdays and Fridays in August at 10:00 am on Hud TV we will be sharing a 30 minute training on Dementia called:

Basic Dementia Sensitivity Training

With Tammy Pozerycki : a Certified Dementia Practitioner, a Certified Alzheimer Disease and Dementia Care Trainer, and Certified First Responder Dementia Trainer

This Dementia Sensitivity training was offered during the Dementia Friendly Community Initiative the Hudson, Northborough, Marlborough Senior Centers and Hudson Board of Health collaborated on in 2017.

This training is informative, easy to understand and most helpful for family and friends who are in a caregiving situation. Please watch!!!



Some interesting happenings at the Hudson Public Library!

Curbside Service Place items on hold with your library card and pick up when ready! Curbside service is available M-TH 10-6/ Fri 10-5/ Sat 10-4

Step 1: Use your Hudson Public Library card or C/W MARS library account to request Hudson items online at bark.cwmars.org or call 978-568-9644 or 978-568-9645.

Step 2: When you are notified that your items are ready, please call us 30 minutes before you plan to arrive, and we will check out your items.

Step 3: Park in the designated spaces and call the posted number when you arrive and we'll place your items in the trunk of your vehicle.

The Great Communicator: The Life of Ronald Reagan Aug 20, 2020 at 7:00 PM

Ronald Reagan is continually listed amongst our Top Ten U.S. Presidents. To this day, the Reagan presidency is repeatedly being used as a measuring stick for Republicans and Democrats alike. From Soviet leader Mikhail Gorbachev; British Prime Minister, Margaret Thatcher; to House Speaker, Thomas Timp O'Neal, Reagan's style and wit could charm them all. Yet when the going got tough, his leadership qualities were as hard as nails!

(*A Q&A session will be held following the presentation if time allows).

*Please contact the library for registration requirements prior to the program.

Manage Your Health & Improve Your Well-Being

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma or shortness of breath, high blood pressure, cancer, arthritis, fatigue, fibromyalgia, depression, anxiety, chronic pain, or other ongoing health condition?

MY LIFE, MY HEALTH CHRONIC DISEASE

SELF-MANAGEMENT PROGRAM can help

Manage your own health by making simple lifestyle changes

Discover tools that help you develop ways to manage your chronic health symptoms

FREE - 6 Week Series Workshop

Is isolation at home getting you down?

Come join others with similar concerns about your physical and emotional health. Skills learned will help you have increased energy, be more physically and socially active, by better managing the pain, fatigue, depression, and anxiety that can come with an ongoing chronic health condition.

Topics include:

- ✓ Physical activity and nutrition
- ✓ Managing difficult emotions that accompany your health condition
- ✓ Talking with your family, friends and health care providers about your condition and symptoms.

Attend a FREE workshop from the comfort of your home!

Tele-conference



Wednesdays: 2:30-3:30 PM

Instructor led, chat on the phone (5-6 people) with review of subject material and sharing action plans to help keep you on track. Individual self-study will be required between calls.

Zoom with us



Tuesdays: 11:30-2:00 PM

On-line video chat (8-12 people) covers subjects in-depth and gives more time for group discussion and sharing ideas.

Now accepting registration for August & September

Renee D'Argento, Healthy Living Program Coordinator

508-573-7214 | rdargento@baypath.org or www.baypath.org/healthy-aging



The Hudson Food Pantry is opened on Tuesdays and Saturdays

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

Phone – (978) 562-5280/ eMail – contact@hudsoncommunityfoodpantry.org
or Facebook Messenger

The First United Methodist Church Summer Hours

34 Felton Street, Hudson Ma Drive Through and Pick up food on Fridays 12pm-2pm

(Senior Citizens who need delivery please call Stacey at 978-601-2494)

For those in need, pickup for food provisions is on Fridays 12pm-2pm. This is a drive thru pick up.

Agape Café – Take Out Dinners Thursdays from 5pm to 6:30pm 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

SHINE UPDATES

The Hudson Senior Center would like to remind everyone that if you need assistance with your Medicare health insurance options, we have three SHINE Counselors available to assist you.

If you need to enroll in Medicare A& B due to the loss of your employer group health plan you might have a special enrollment period.

If you are newly retiring or turning 65 we can assist you with unbiased health insurance information on your Medicare options.

We are providing SHINE counseling over the phone. If you need a SHINE appointment, please call the Hudson Senior Center at 978-568-9638 and leave a message for either Holly Richardson, ext. 475, Ana Terra-Salomão, ext. 476 (**Ana will be on vacation until August 31st**) or Janice Long, ext. 470.

The Massachusetts SHINE program has a YouTube channel featuring Educational Videos on Medicare and You. If you are interested in watching any of these videos you can access them on the following link: https://www.youtube.com/channel/UCS_D1jaKqzgOJIX0tI79qrg/videos

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

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

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 are in need of a mask please call the center 978-568-9638 leave a message and we will call you and make sure you get a mask. 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 Mirick O'Connell.*

HOW TO MINIMIZE YOUR TAXES

Who likes paying taxes? No one! Below are some ways you may be able to minimize or avoid taxes:

REAL ESTATE TAXES

- Abatements. You may already be aware of the senior and veterans abatements, but did you know that you could be eligible for other abatements in your community. Contact the Assessor's Office to inquire.
- Senior tax work-off. Your community has a tax work-off program that allows you to substantially reduce your tax bill by "working off" or volunteering in designated town departments. Contact your Council on Aging to ask about eligibility and application deadlines.
- The state "circuit breaker" program. If your taxes (plus 50% of water and sewer bills) exceed 25% of your annual income, Massachusetts will reimburse you for part of the bill up to \$1,000, even if you do not pay state income taxes. You can also apply retroactively if you failed to apply for this over the past 2 years.

INCOME TAXES

- Maximize your medical deductions. Seniors who get care at home or live in an assisted living community or nursing home typically have many medical expenses. The cost of care and even the "rent" may be a medical deduction that can offset your income and reduce taxes. It may be a great time to pull tax-deferred funds and reduce or eliminate the taxes you would have paid.
- Offset your gifting. If your kids each received an equal share of your IRA before taxes, they may actually receive an unequal share after taxes if their federal tax brackets are different. To offset this, give your tax-deferred money to the children with less income and balance it off by increasing the shares to the others from other assets. Or, consider giving your IRA to charity; the charity receives it tax free and it may reduce your estate tax.

ESTATE TAXES

- Don't worry about it unless your estate will be worth more than \$1 Million when you pass away.
- Give it away before you die. If you (or your Power of Attorney agent) give away all your assets the day before you die, you will have reduced your taxable estate to zero and, therefore, your estate tax to zero. Remember, there is no gift tax unless you give away more than \$11,580,000 during your lifetime. If you can't give it all away, any amount you do give is not taxed in your estate, which will save Mass. estate tax.

For more information, please feel free to contact me at (508) 860-1470 or abergeron@mirickoconnell.com. I will also focus on this issue in my August virtual seminar, which will be aired on your local cable station, Hudson Cable Access (HUD-TV). You can also find the seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. Frank and Mary's YouTube channel may be a helpful resource during COVID-19, as my co-hosts and I address many common issues facing seniors and the resources available during the pandemic through weekly virtual local cable TV shows.



Legal Advice with Attorney Arthur Bergeron Wednesday September 9, 2020 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. Thank you

Virtual Learning & Entertainment



- Take in a show. Every year, Cirque du Soleil sets up camp in Vancouver, so why should this year be any different? You can now stream two, free 60-minute performances from your couch.
Visit: <https://www.cirquedusoleil.com/cirqueconnect#hubcontent>
- For Downton Abbey Fans, watch this video to learn more about the residents of the Newport Mansions who were the American counterparts of the English elites depicted in Downton Abbey. Find out how and why they lived so extravagantly:
<https://www.newportmansions.org/about-us/videos>
- The Family Eldercare program **Lifetime Connection Without Walls** is another service that offers classes seniors can access over the phone. The classes are lead by volunteers and cover a wide array of subjects. Each session lasts 13 weeks and seniors can pay \$10 for unlimited access to all the courses, or \$5 if they just want to try out one. If you'd like to learn more or register over the phone, you can call 888-500-6472. (Fees are being waived due to Covid19)
<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>
- **This program is from Assumption College and was done in person before but now their classes will be online through Zoom but there is a cost of \$265 for a full year and \$165 for half year registration.** The Worcester Institute for Senior Education (WISE) at Assumption University is a member-directed organization created in 1993 to provide lifelong learning opportunities for older adults. History, art, literature, politics, science, and more, the same high-quality courses you're expecting from WISE, all from the convenience of wherever you are. Have a look at at the [Fall course offerings](#). Available online, using Zoom, so you can join in the WISE learning experience from anywhere, using your computer, tablet, or smartphone. Registration for Fall 2020 courses starts on **August 18**
<https://assumptionwise.org/>
- The Perkins Library is proud to present a new outreach program called "**TeleFun Calls**". These are recurring scheduled programs happening every week, patrons can call a special toll free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state. There are activities scheduled for almost every day, games like trivia, name-that-song, and family feud, are hosted every Monday, Wednesday, and Friday at 1 pm. We also have Monday Movie Matinees every Monday at 10 am, as well as a Listening Library hour with radio dramas Thursdays at 2:30 pm. We are also planning on adding new content soon to include a poetry group and a virtual classroom where patrons can listen to audio-described educational videos and documentaries over the phone from the comfort of their own home. To join the fun you will first need to contact Beth at 617-972-7241 or email Elizabeth.White@perkins.org to sign up.
- Have you Checked out the **Talking Information Center (TIC) programming**?
TIC's staff and volunteers provide human voice(d) broadcasts of local news, articles, and items of interest to visually impaired and otherwise disabled listeners throughout Massachusetts to promote independence and enrich quality of life."
<http://www.ticnetwork.org/schedule/TICCoronaSchedule.pdf>
As another example of a great community media partnership, WINCAM is broadcasting the Live Radio Theatre programming as part of their regular local community cable programming.



The State of Massachusetts PRIMARY: will be held on Tuesday, September 1, 2020

Major race is for Senator in Congress

Edward J. Markey

Joseph P. Kennedy

In person Early Voting dates for the State Primary are Saturday, August 22 – Friday, August 28th 2020.

Saturday, August 22nd from 12PM to 4PM

Sunday, August 23rd from 11AM to 3PM

Monday, August 24th from 8AM to 4:30PM

Tuesday, August 25th from 8AM to 4:30PM

Wednesday, August 26th from 8AM to 4:30PM

Thursday, August 27th from 8AM to 4:30PM

Friday, August 28th from 8AM to 4:30PM

****You now have the opportunity to vote by mail eliminating worries about getting to the polls or exposure to the Covid 19 virus or waiting in line.**

Return ballots by mail, or hand deliver into the drop off box, located at the front of the Town Hall facing Main Street. All Primary Ballots need to be returned by 8PM on September 1, 2020.

If you need a State Primary Ballot please call the Town Clerk/s office at 978-568-9617

Do you need affordable internet to stay connected?

Many internet service providers offer low-income assistance programs to provide affordable internet access and in our area Comcast has a program called Xfinity Internet Essentials.

With Xfinity Internet Essentials, qualifying households can get internet speeds up to 15 Mbps for \$9.95/mo.* With the program, there's no credit check, no contract and no installation fee. In-home Wi-Fi is included.

You may qualify if you:

- Are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, Fuel Assistance and others.
- Live in an area where Comcast Internet Service is available.
- Are not an existing Xfinity Internet customer and have not subscribed to Comcast Internet within the last 90 days.
- Have no outstanding debt to Comcast that is less than one year old. Families with outstanding debt more than one year old may still be eligible.*

Find out more at www.apply.internetessentials.com/

Caregiver Support options

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

Mondays, 5:30pm - 6:30pm

Please contact Regina at: 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 1st & 3rd 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

- **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