

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



Hudson Senior Center

Non-Profit Organization
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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) 56-9647 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 Drivers

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.

Social Activities:

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

Members of the Council on Aging Board:

- 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- 978-618-7124

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.*

August 2021

REP. KATE HOGAN'S SENIOR NEWS



Holyoke Soldiers' Home

Of all the pandemic losses, among the most tragic has to be the outbreak of COVID-19 in the Holyoke Soldiers' Home and the subsequent loss of life there.

The Legislature has and remains focused on understanding the multitude of factors and points of failure and advancing legislation and governance reform to our veterans' services to ensure the tragedy that occurred in Holyoke never happens again.

In July 2020, the Special Joint Oversight Committee on the Soldiers' Home in Holyoke COVID-19 Outbreak was formed. It held hearings over the course of 10 months and released its findings and recommendations in a report last May.

The full report is available online here: <https://malegislature.gov/Bills/192/H3857>

The Joint Committee Chairs are currently drafting legislation built on their report's 14 major findings and extensive recommendations, including:

- Clear structures regarding chain of command and communication channels should be established from the Superintendents of both Soldiers' Homes through the Executive Director of Veterans' Homes and Housing within DVS to the Secretary of Veterans' Services to the Governor for normal operations in addition to crisis scenarios.
- The Secretary of DVS should be a cabinet-level position with a direct line of communication to the Governor.
- A hotline should be available for staff and family to report time-sensitive and serious concerns directly, for example to the Department of Public Health and the Executive Director of Veterans' Homes and Housing within DVS.
- The staffing levels at HSH need to be reevaluated and realigned to attain, at a minimum, a five-star rating from the Centers for Medicare and Medicaid Services ("CMS").
- The Special Committee heard repeated testimony from staff and family that one of the best aspects of care that Veterans received at the Home resulted from continuity of care. The Special Committee recommends that continuity of care be a key goal in all future staffing policies for both Soldiers' Homes.
- Require, at a minimum, that any candidate for Superintendent at the Soldiers' Homes be a certified nursing home administrator with experience running a long-term care facility, with knowledge of Veteran needs and service preferred.
- The Holyoke Soldiers' Home should accept Medicare and Medicaid payments and become a CMS facility.

Speaker Mariano has also pledged to advance further legislation being drafted by the Joint Committee on Veterans & Federal Affairs.

The House also supports funding for a new Holyoke Soldiers' Home. The House enacted and sent to the Senate legislation authorizing \$400 million in borrowing for a new Holyoke Soldiers' Home facility and \$200 million for equity initiatives for veterans across the state.

Nothing can replace the 77 veterans whose lives were lost at the Home, or the holes they leave behind in their families. But we must do all that we can to create strong policies and systems to ensure responsibility and accountability and to prevent future tragedies from happening at our Soldiers' Homes. Our Veterans deserve nothing less.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / Kate.Hogan@mahouse.gov

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

Facebook: www.facebook.com/RepKateHogan

Hello to Everyone,



It is so nice to be back at work with people actually coming into the building. We reopened our center in June and July, cautiously limiting programming and always conferring with our Public Health Department on best practices for having you all return to the center. This practice continues as we start to offer more programming and in person classes. As I write this, there are no mask mandates for in the building if you are fully vaccinated. However, masks are required on the bus. Hudson Senior Center is “Mask Friendly”, and that means if you are more comfortable wearing a mask, please do so. This pandemic is ever changing and we must be aware of the current trend and act responsibly; protecting others and ourselves. As always, we appreciate your patience and support as we work through these changes. If anyone needs help arranging for a vaccination please call the center, we are happy to assist with that! Presently, we are planning to try a hybrid model, both in person and zoom, for some fitness classes in September. More detailed information will be in the September newsletter. See you at the center!

We need your help to recruit grandparent caregivers!

The Executive Office of Elder Affairs (EOEA), the Commission on the Status of Grandparents Raising Grandchildren, and the University of Massachusetts Medical School (UMMS) are holding a series of focus groups with grandparents raising a grandchild under the age of 18 in the absence of a birth parent. Focus groups will be held this summer to learn more about grandparent caregivers' experiences, including:

- The benefits and challenges of assuming a parenting role
- Issues related to physical emotional, social, and financial wellbeing
- Grandparenting and resilience

Discussion group participants will receive a \$75 gift card as a thank you taking the time to participate in a 90-minute discussion.

If you know of a grandparent caregiver that may be interested in sharing their experiences as a grandparent caregiver, please ask them to call: **508-713-3153**

Additionally, if you also know of community partners who may be able to help with recruitment (e.g., faith-based organizations, community centers, food pantries, etc.), please feel free to share this information and flyer with them. Thank you for your time and support with this effort.

FREE Balance and Dizziness Workshop At the Hudson Senior Center Wednesday, September 22nd from 1-2 pm

Flaherty Physical Therapy will be offering a FREE Balance and Dizziness Workshop on Wednesday, September 22nd at the Hudson Senior Center at 1 pm. This will be an interactive workshop where attendees will learn more about balance, dizziness and vertigo. They will learn how those symptoms are caused, what can you do about it at home and whether physical therapy will be a good fit. Kevin Flaherty, PT will present on the topics noted. Each participant will leave with 3 easy exercises to start at home that day! **You must call 978-568-9638 to sign up for this class. Limited to 20 people.**

Boston University's Geriatric Anorexia Study is looking for volunteers.

Please read the flyer below. You can call Maddie at 617-358-9787 for more information. She will explain the screening process for this study and answer your questions. Please note you do not have to have an eating disorder to qualify for this study.



Laboratory for Human
Neurobiology

450 Albany St, X-140
Boston, MA 02118

For information,
contact Maddie at

617-358-9787
or msk09wick@bu.edu

GERIATRIC ANOREXIA STUDY: Testing the practicality of in-laboratory and at home assessments to study geriatric anorexia. This is a twenty-one day study that involves using devices and questionnaires during three lab visits and 21 days in your home. **You may receive up to \$1515 for participating.**

- If you meet these criteria, you may be eligible to participate:
- Aged 65-85 years old
- Healthy control volunteers
- Native English speaker or demonstrate fluency in English

BOSTON
MEDICAL

BU

Boston University School of Medicine

POWERFUL TOOLS FOR CAREGIVEERS

This is a six-week virtual (zoom) class series sponsored by the Natick Senior Center.

This six-week virtual class series will give you the tools to:

Reduce caregiver stress, improve self-confidence in caregiving, manage time, set goals and problem solve, better communicate your feelings and make tough caregiving decisions.

Classes will meet via Zoom every Wednesday for 6 weeks 10:30 – 12:00 beginning Wednesday August 25th. To Register please call the Natick Community Senior Center at 508-647-6540 and ask for Debbie Budd at ext 1906 or Karen Edwards at ext 1905

Something New for those who like to hike or walk...



Assabet River National Wildlife Refuge meeting Monday, August 30th at 9:30.

Gary Durand has offered to take people on a hike at the Assabet River National Wildlife Refuge on Hudson Road in Sudbury. This will be a 3.5 mile easy hike.

Please wear hiking boots or sneakers, comfortable clothing, hiking stick or ski pole if possible, water bottle and use insect repellent with DEET. **Please call the**

senior center to sign up for this 978-568-9638 and we will give you directions. Hikers will meet in front of the Visitors Center across from the Parking Lot.

**Parkinson's afternoon class returns to Hudson Senior Center on:
Thursday August 19th at 1pm and Thursday, August 26th 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. Please call us at 978-568-9638 if you plan on attending this class.

The following two fitness classes will be offered at our center in September as a hybrid model, both in person and zoom. This will give you the option to take the class in person or at home via zoom.



**Strength Training with Sharon
Mondays and Wednesdays in September at 8:30-9:15 am.**

This class will be offered both in person and via Zoom.

There will be no class on Monday Sept. 6, 2021

**Chair Stretch Yoga Class with Rebecca Reber
Wednesdays in September at 9:30-10:15am.**

This class will also be offered as in person and zoom.



**Zumba with Linda Corbin will return to the center in
September on Thursdays 11am–12-pm**

This class will NOT be offered as a ZOOM Class.

Our Zoom fitness classes

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.** 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. * There will be modifications for each exercise for those with orthopedic issue
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am. Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**
This class will review the basics of chair pilates for new and regular class participants.
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**
Mike Bleecker is happy to offer his wonderful Parkinson's class via zoom.

Something new from Stevie's...

Grab and go this month will be an Early Dinner pick up at:



Stevie's Back Road Café

577 Main Street Hudson MA 01749

Thursday, August 26th for a 4:00pm to 4:30pm pick up

Stevie will be grilling hamburgers and hotdogs for your early dinner!
You can order either a 1 hamburger or two hotdogs with potato salad,
chips and a cookie for dessert.

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

Stevie has outdoor seating for 25 if you choose to stay and eat there, and another
25 seats inside. Of course, you can just drive through get your food and
go home if you choose.

Senior Center staff will be on hand to collect the money and pass out the food.

We love seeing everyone at the grab and goes!

****Call beginning Wednesday, August 4th to reserve your spot****

Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, September 15th at 10:30am

(No Meeting in August)



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

“VETS TALK” Returns



A program for Veterans

Please join us at the Senior Center on:

Thursday, August 5th & 19th at 9am

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.

**The Ice Cream Truck is coming to the Senior Center
sponsored by the Artisan at Hudson**



Tuesday, August 17th between 1-2pm

at the Senior Center

Limited to 40 people.

****Call beginning Wednesday, August 4th to reserve your spot****

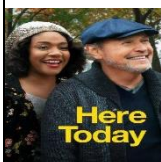
“Movie Days” at the Center

Here is the listing of movies for August. **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, August 9th & Tuesday, August 10th – *Here Today*



Directed by Billy Crystal. With Billy Crystal, Chad Jennings, Dierdre Friel, Alex Brightman. When veteran comedy writer Charlie Burnz meets New York street singer Emma Payne, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.

Rating: PG-13 Runtime: 1hr 57min

Monday, August 23rd & Tuesday, August 24th – *Queen Bees*



While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying mean girls that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. Starring Ellen

Burstyn, Ann-Margret and Jane Curtin.

Rating: PG-13 Runtime:

1hr 42min

DayBreak is back at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by the MetroWest Health Foundation.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.

Please contact Lisa Bazarian Gardner, CDP or Christine D'Angelo, CDP at 978-568-9638

Or email at lbbazarian@gmail.com for more information.



What's Going on at the Hudson Public Library...

An Evening with Local Author Ali Hosseini **Thursday, August 19 at 6:30 PM** To register, call (978) 568-9644 or visit the Event Calendar at www.hudsonpubliclibrary.com

Join us for a special evening as the Hudson Public Library welcomes author, Ali Hosseini. Mr. Hosseini is notably known for his collected works, including two English novels, The Lemon Grove and The Place of Stones. Copies are available to borrow at the Hudson Public Library



Alzheimer's Family Support Center of Cape Cod

Until there's a cure, there's community

2021 JOHN LEVIN MEMORIAL CONFERENCE

Getting to Yes: A Pragmatic Approach to Dementia Care with TEEPA SNOW

Friday, August 20, 2021 8:30 AM to 4:30 PM EST via Live Videoconference

Presented by Alzheimer's Family Support Center of Cape Cod

Join nationally-known dementia care specialist, **Teepa Snow, OTC/L** who will present pragmatic strategies for managing the care of adults with dementia. This conference is intended for those employed in memory care, skilled nursing facilities and adult day health programs, including CNAs and HHAs, as well as family & in-home caregivers and others involved in the care of adults with dementia.

CONFERENCE TOPICS

Sorting Out the Three D's: Delirium, Depression, and Dementia; Changing Resistance to Care to Participation in Care; Why Do They Do That? Understanding Symptoms and Situations of Dementia; Dealing with Distress: Using Empathy and Support; Improving Your Hands-On Skills for Providing Care. A panel discussion, Alzheimer's & the Arts, will take place during the lunch hour.

FREE CONTINUING EDUCATION CREDITS (CEs) PRE-APPROVED for Nurses, Psychologists, Social Workers, LMHCs, LMFTs, LPCs, Activity Directors, CDP, CDCM, and CADDCTs

REGISTRATION INFORMATION

All attendees **MUST** be registered to attend this **FREE** event. To register, click [here](#) or paste into browser:

<https://www.eventbrite.com/e/getting-to-yes-a-pragmatic-approach-to-successful-dementia-care-tickets-152925992761> **QUESTIONS?** Call us at (508) 896-5170, or email info@capecodalz.org

Money Management Program:



BayPath Elder Services, Inc.

Offered through BayPath, this program assists people 60 and over as well as persons with disabilities who have difficulty managing their day-to-day finances. Clients benefit from free assistance with bill-paying, budgeting, reading mail, advocating with service provider, and more. With the support of BayPath's Money Management volunteers, elders receive the targeted help they need for improved stability and prolonged independence. Certain income and asset guidelines may apply. Volunteers are background checked, trained, and supervised by BayPath staff. If you think you would benefit from this program, or have questions regarding the program, call Sue at BayPath, 508-573-7241.

Hudson Farmers' Market



Tuesdays 3:30pm- 6:30pm

Where: Hudson Town Hall Drive

Not Vaccinated? Please wear a Mask! Rain or Shine

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS



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.*

LIVING WITH MEMORY LOSS

Thirty years ago next month, my mother died in a nursing home. Back then, there weren't open discussions, shared knowledge, or resources available to people with Alzheimer's Disease. Most seniors died from "hardening of the arteries" or just "old age." There were no home care agencies or day programs for those with memory loss, support groups, or government programs to help you stay home. My quiet mother was embarrassed to say anything because she was afraid to lose her place, afraid to leave the house, and anxious when my father left, even for a moment. Then there was my father, frustrated and angry to see his wife of 60 years recede into herself, angry with himself when my mother broke her hip and ended up in the nursing home where my father had always promised not to send her. It was after my mother died that I started doing elder law.

A lot has changed in thirty years. While no one has found a "cure" for the diseases that cause memory loss, memory loss can be dealt with and adapted to. But first, whether the memory loss is happening to you or someone you love, you need to push beyond the denial. The sooner you face the fact that you might have a problem, the sooner you can get a diagnosis and start looking for the programs and other supports to help you and those you love. If you do not know where to start, I have several suggestions:

- Call your senior center. You may be surprised by the variety of local resources to which the senior center staff can direct you. There may very well be a support group or day program for those with memory loss right at the senior center. If not, the folks there can tell you where the programs are and who to contact.
- Call the Alzheimer's Association. There is a national 24-hour hotline staffed by people who can point you directly to resources and programs in your community.
- Find a support group. My father and mother felt so alone, so trapped and unaware of others right in Marlborough who were going through the same thing. Things are different now.
- Call BayPath Elder Services or Elder Services of Cape Cod and the Islands at 508-573-7200. Their trained staff will probably want to visit your home and connect you with programs. They also have resources to help you pay for home care and other services.
- Talk to an elder law attorney to make sure you have a strategy that will give you the support of government programs that can help, ideally while keeping you or your loved one at home.

You can deal with memory loss. But first, you have to face it.

For more information on living with memory loss, watch this month's elder law virtual seminar, which can be watched 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



Legal Advice with Attorney Arthur Bergeron Wednesday, August 11, 2021 from 1pm to 3pm

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you

Message from the Friends...

Next Friends Meeting: Tuesday, August 10th at 9:30am

It's time for the Friends of the Hudson Senior Center to get back to planning events to raise funds for our center.

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.

Presently, our major fundraiser is our annual Fair which is held the first Saturday in November.

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.

The Council on Aging Board – NO Meeting in August
1st Wednesday of each month at 1:00pm

Busing News:



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. Grocery shopping can be any day of the week based on availability. **Masks must still be worn while on the bus at all times.**

Painting Classes

Open Painting Studio:

Tuesdays from 10am -12pm in the craft room



PM CARDS

Canasta (Hand & Foot)
Wednesdays at 12:00pm



Hudson Senior Center Gift Shoppe

Thursdays 9:30am until 12:30pm

Bridge is Back on:

Tuesdays 9:30am-12pm
& Friday 12:30-3pm



Looking for Scrabble Players....

Scrabble on Fridays at
12:15pm

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

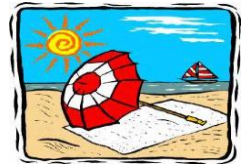


Calling all Bingo players!

Games start at 1pm on
Wednesdays!



OUTREACH



Medical costs: Prescription Advantage

Have you noticed that the cost of your medications has increased recently? If so, you could have reached the coverage gap, also known as the donut hole with your prescription drug coverage. A person reaches the donut hole when the cost of what you, plus the amount your plan has paid, reaches \$4,130 for covered medications. Once the total drug costs of your prescriptions reaches this amount, you are in the “donut hole” and will be expected to pay a 25% copay for your brand name medications as well as 25% copay for generics. With that said, being in the coverage gap means that you could have high copays at that time. There ARE assistance programs out there to help with the cost of your prescriptions if you are in the donut hole.

Prescription Advantage is a state sponsored prescription drug assistance program for Massachusetts Seniors (age 65 and over; as well as under 65 and on Medicare).

- A benefit of PA (Prescription Advantage) if eligible, is that it will help pay for your prescription drugs if you reach the donut hole (pending what your eligibility/category is)
- Prescription Advantage sets a limit on your out of pocket copays for the year.
- You will also be allowed to enroll in or switch drug plans one extra time during the year outside of the Open Enrollment Period (We call this a Special Enrollment Period)

How much does it cost to join? For some seniors it is free to join. There ARE income guidelines, so not everyone will be eligible dependent on income. For Medicare beneficiaries that have higher incomes, there is a \$200 annual fee each year. To see if you are eligible for this program, call the SHINE department at your local Council on Aging to see if you could qualify. They can then assist you with the application process. Applications can be submitted to Prescription Advantage at any time during the year.

SMOC

SMOC Fuel Assistance Recertifications will be mailed out soon. We can provide you with the list of documentation required to re-apply, and can schedule an office appointment to help you fill out this paperwork when the time comes that you receive your renewal application. Call the Senior Center if you would like assistance with this application.

Senior Safe

The Hudson Senior Center is working with the Hudson Fire Department, namely the Senior SAFE Team. The Senior SAFE program is designed to educate seniors regarding fire and home safety. The Hudson Fire Department has received smoke detectors and carbon monoxide units, funded by Massachusetts State Grants for emergency use. With this funding, the Senior SAFE Team members of the Fire Department are able to assess the safety and effectiveness of detectors and units in senior's homes to make sure they are working properly and installed in the necessary locations, test and replace batteries in the unit, and provide general fire safety education. If you are in need and are interested in this program, please contact the Hudson Senior Center at 978-568-9638 and ask to speak with Ana or Holly for more information.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO



O MEU HORÁRIO É O SEGUINTE : SEGUNDA À SEXTA DAS 9:30 DA MANHÃ ÀS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

SEGURO SUPLEMENTAR GRÁTIS CHAMADO “PRESCRIPTION ADVANTAGE”

O “Prescription Advantage” é um seguro suplementar grátis do Estado de Massachusetts que ajuda os residentes que têm Medicare. O “Prescription Advantage” pode ajudá-lo a pagar parte do custo dos medicamentos quando esta no “donut hole/gap”. Dependendo do seu rendimento e dos seus medicamentos. Um pessoa solteira pode fazer até \$3,220 mensalmente e pessoas casadas podem fazer até \$4,355 mensalmente. Para obter mais informações telefone para o Senior Center e fale com Ana Terra-Salomão.

DATAS IMPORTANTES

Dias 2, 9, 16, 23 e 30 de Agosto – Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 10 de Agosto - Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 11 de Agosto – Consulta grátis com o Advogado Bergeron da 1:00 às 3:00 da tarde (15 minutos de consulta). Telefone para o Senior Center para marcar o seu appointment.

Dia 26 de Agosto – Jantar “Grab and Go” às 4:00 da tarde no “Stevie’s Back Road Café” no 577 Main Street, Hudson. O menu será uma hamburger ou dois hotdogs, salada de batata, chips e uma bolacha.

O custo é \$5.00 por pessoa. **Telefone para o Senior Center – 978-568-9638, a partir do dia 4 de Agosto para reservar o seu jantar.**

Dia 6 de Setembro – O Senior Center esta fechado para o feriado do “Labor Day”.

Dia 22 de Setembro – Palestra grátis sobre equilíbrio e tortura da 1:00 às 2:00 da tarde . Telefone para o Senior Center para reservar o seu lugar.

QUERO LEMBRAR A TODOS OS CLIENTES QUE NÃO VOU ESTAR NO ESCRITÓRIO DESE DO DIA 9 DE AGOSTO ATÉ O DIA 15 DE AGOSTO E DESSE DO DIA 23 DE AGOSTO ATÉ O DIA 29 DE AGOSTO DE 2021.

I WOULD LIKE TO REMIND ALL CLIENTS THAT I WILL BE ON VACATION FROM AUGUST 9 to AUGUST 15, 2021 AND FROM AUGUST 23 AUGUST 29, 2021.

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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Summer Fun Word Search

BARBECUE LEMONADE
 BATHINGSUIT PARTY
 BEACH BOAT PICNIC
 CAR TRIP POOL
 CHALK SUNGLASSES
 FAMILY SUNSHINE
 FIREFLIES SWIM
 FIREWORKS TOWEL
 FRIENDS VACATION
 FUN VOLLEYBALL
 GAMES ZOO
 ICE CREAM



L	F	I	R	E	F	L	I	E	S	S	D	M	V	E
L	E	S	O	O	Z	I	S	A	E	U	A	Y	A	N
A	Q	W	H	K	K	N	R	S	Y	E	X	T	C	I
B	D	I	O	L	B	M	S	E	R	F	P	R	A	H
Y	R	M	A	T	I	A	B	C	W	I	J	A	T	S
E	Q	H	I	Q	L	A	E	V	C	O	I	P	I	N
L	C	I	S	G	R	C	T	N	K	F	R	X	O	U
L	C	O	N	B	I	K	I	F	V	A	U	K	N	S
O	G	U	E	F	B	C	F	R	R	M	Z	U	S	H
V	S	C	G	T	I	U	S	G	N	I	H	T	A	B
K	U	C	A	R	T	R	I	P	L	L	E	N	S	Q
E	G	A	M	E	S	E	L	B	O	Y	Y	N	U	X
H	C	A	E	B	Y	O	O	P	X	O	B	E	D	F
D	S	B	G	E	D	A	N	O	M	E	L	S	N	S
C	Z	H	U	R	T	J	E	M	T	C	K	Q	X	Z

augUST



Monday	Tuesday	Wednesday	Thursday	Friday
2 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong	3 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Bridge 10:00a Open Paint Studio 01:00p Chess	4 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Walking Club 12:00p PM Cards 01:00p Bingo	5 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	6 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
9 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	10 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Bridge 10:00a Open Paint Studio 12:30p Movie Day 01:00p Chess	11 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Walking Club 12:00p PM Cards 01:00p Bingo 01:30p Bergeron Advice	12 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:30a Gift Shop 9:30-12:30 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	13 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
16 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong	17 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Bridge 10:00a Open Paint Studio 01:00p Chess 01:00p Ice Cream Truck	18 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Walking Club 12:00p PM Cards 01:00p Bingo	19 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	20 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
23 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	24 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Bridge 10:00a Open Paint Studio 12:30p Movie Day 01:00p Chess	25 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Walking Club 12:00p PM Cards 01:00p Bingo	26 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:30a Gift Shop 9:30-12:30 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm 04:30p Early Dinner	27 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
30 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Hiking Trip 09:30a Knit and crochet 12:00p Mah Jong	31 08:00a Library 08:30a Cribbage 09:00a Billiards 9-3 09:30a Bridge 10:00a Open Paint Studio 01:00p Chess			