

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



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
- 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.



December 2020

REP. KATE HOGAN'S SENIOR NEWS

Year End Greetings

As we turn another page on our 2020 calendars, I think we can collectively look back and agree that it will be nice to put this unusual year behind us. But before we do that, I'd also like to shine a light on some of the good that was accomplished.

The COVID-19 pandemic disrupted our daily schedules, our social lives and family time; it also upended the Massachusetts legislative session this year. Despite the unforeseen changes in our schedule and legislative priorities, my House colleagues and I worked hard to meet the unique challenges that 2020 presented.

Before the pandemic, we were on track to pass an historic **transportation bill**, similar in scope and ambition to the landmark **investment in public schools**, known as the *Student Opportunity Act*, that the legislature enacted in 2019. Instead, however, my colleagues and I had to redirect our efforts to the COVID-19 State of Emergency. We passed major legislation that included provisions to **extend unemployment benefits**, **protect public health**, and institute landmark provisions for **remote voting in the House** and **mail-in voting for local, state and federal elections** held in 2020. The emergency legislation also included one of the strongest moratoriums in the country **protecting tenants and homeowners from eviction and foreclosure** and created **opportunities for restaurants** to serve alcohol, beer and wine for carry out service.

Working with our colleagues in the Senate, we also set out to address important healthcare, economic, climate and policing reform issues with new, comprehensive legislation. Additionally, I'm also proud of the important legislation that was enacted earlier in the 191st Session, including nation-leading legislation to **modernize tobacco control and ban all flavored tobacco**; **reduce distracted driving**; protect college students by ensuring **higher education financial stability and oversight**; **ban conversion therapy for minors**; ensure no student in-need would go hungry by requiring **breakfast after the school bell**, and provide supplemental funding for **women's reproductive health** organizations as a result of federal cuts to the Title X program, which was included as part of a supplemental state budget. We voted to help protect the most vulnerable children and families in the Commonwealth by lifting a **decades-old family welfare cap** and passed legislation creating a care registry to **protect persons with intellectual or developmental disability from abuse**. To address the complex health and wellness needs of the Commonwealth's 1.4 million children, the House led efforts this session passing comprehensive legislation to ensure increased access to services and a more holistic approach to **children's health and wellness** supports.

It was quite a year, but our work continues. I welcome your input and opinions on bills that are before the House and you can always monitor and track the status of legislation at <https://malegislature.gov/>. I'll also provide an update on what passed and how it will affect you as a senior in the Commonwealth. Now let's get started with a New Year and a new legislative session!

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

Best wishes for a safe, healthy and enjoyable holiday season!

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

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

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

Hello to Everyone!



Many of us will not be spending the holiday with our families due to the pandemic. I for one will not be seeing my children or grandchildren in person. This is just the safest thing to do right now. Although difficult, it is doable. Unfortunately, the winter months may prove to be the most challenging. This is not the time to let our guards down. We all want to stay healthy for when we can see our families in person again. We can do this! Wear your mask, wash your hands often, and keep the distance! Stay connected by calling your friends, family and senior center.

I would like to thank the senior center staff, Virginia, Holly, Ana, Jim, Walter and Jack for all their hard work. They each have a warm and caring spirit that just shines through as they do their jobs. They are second to none. These past few months have been trying for all of us, but we seem to get through and support each other when needed. I have to say we are a great team and feel very fortunate for that.

Free Grab and Go Holiday Meal

Friday, December 18th between 12-12:30pm

Chicken Piccata, rice, green beans, roll and a cupcake. Staff will be handing out the food and look forward to seeing you all! Remember to wear your mask and just drive up to pick up your meal! Call to sign up! Limited to 70 people. *Sign ups begin on Thursday, December 3rd.*

The pandemic did not stop Mr. George Danis from providing his 9th Annual Free Thanksgiving meal to Hudson seniors.



A very special Thank You to Mr. George Danis from Plastic Molding in Hudson for providing his 9th Free Annual Thanksgiving Dinner to 125 Hudson senior citizens. Due to the pandemic it had to be a drive through grab and go. Buffet Way provided the well packed hot Thanksgiving meal and Hudson Police Chief DiPersio, Captain Perry and Officer Wendy LaFlamme were on hand to help hand out the meals and provided free face masks to all. Thank you to Mr. Danis for his continued kindness and generosity.



Looking for some volunteers for our Pen Pal Program!

Looking for something fun to do? Would you like a way of connecting during this time of physical distancing? Mrs. Porter, a teacher from Hudson High School, has a group of interested students looking to connect with our Seniors in exchanging letters. We have had a pen pal program in the past with elementary school students and it was very successful and great fun! If you are interested, please contact the front desk for more information.

A little Holiday cheer for some of our Hudson seniors

Some of our seniors do not have family close by. We are looking for some Elves to help us spread a little holiday cheer. Looking for NEW items listed below are needed to fill a small gift bag. The senior center will have a drop off box on the ramp between 8:30am and 12noon. Deadline is Tues. Dec. 15th. Thank you so much!

Nonskid socks, mittens, eye glass holder straps, sugar free candy, adult coloring books, colored pencils, large print crossword puzzle books, word search books, granola bars, butter cookies, combs, brushes, soft toothbrushes, small toothpaste, small bottle of mouthwash, individual packs of tissues, hand sanitizer, body wash, shampoo, flashlight, hot chocolate packets, soap bars, shower caps, small dish detergent bottles, small bottles of water, stamps.



COVID-19 Discussion & Support Group for Older Adults

Wednesdays at 10:30 a.m. | Virtual

Living during COVID-19 has many challenges that we are still adapting to and learning about. For many, it's a time of isolation, distress, and uncertainty. In this group, people experiencing these difficulties can find support from others encountering similar challenges. Groups will be held via Zoom and are open to residents of the MetroWest area.

To Register:

Email

Nancy King-Bolger LICSW

NKing-B@Advocates.org

*Please write **COVID Support Group** in the email subject line. Please include contact number.*

This group will be free to participants due to generous funding by the MA Department of Mental Health, through the Behavioral Health Urgent Care (BHUC) grant. Those in need of grief support and/or individual services due to COVID-19 can contact us at the number or email above. Referrals and resources will be provided.

Questions? John DeRonck | (508) 277-5420



Holiday Zoom Coffee Hour with Senior Center Staff Tuesday, December 15th at 9:30am

The pandemic makes it impossible for us all to be together during the holidays. Please join the senior center staff for a holiday coffee hour. We miss you all and would love to see you. We can share our favorite holiday traditions and maybe share some funny holiday stories. Call the center 978-568- 9638 and we will send you a zoom link!!



LIVE ZOOM Presentation Wednesday Dec. 16th at 11:00 With Historian John Horrigan “The Christmas Truce” (The ceasefire on Christmas)

Join five-time Boston/New England Emmy Award-winning historian John Horrigan as he discusses

“The Christmas Truce”, a ceasefire on Christmas all along the Western Front in World War I. When night fell on Christmas Eve, 1914 most fighting stopped. Men from both sides (Scottish, English, French and German) left their trenches and met with their adversaries in ‘No Man’s Land’, where they exchanged stories, beer, wine, chocolate and cakes. They sang Christmas Carols and played soccer until noon on Christmas Day, when the fighting commenced. John will also discuss some of the animals that were instrumental in winning the war. Please call the senior center 978-568-9638 to sign up for this interesting and historical presentation and we will send you the zoom link.

PLEASE REMEMBER DEC. 7TH IS THE LAST DAY TO REVIEW YOUR HEALTH AND PRESCRIPTION DRUG PLANS FOR 2021.



40TH ANNUAL SENIOR VIRTUAL CONFERENCE

Hosted by State Senator Jamie Eldridge

Thursday, December 10th, 2020 Starting at 11:00 A.M.

Conference Information & Registration

For all information (including registration)



Please scan the QR : Open the camera on your phone, iPad, or tablet. Hover over the QR code, then select the link that appears on the top.

How To View The Conference

Youtube: Visit <https://www.youtube.com/user/senatoreldridge> and select the livestream video.

Facebook: Find the livestream link by checking [facebook.com/SenatorJamieEldridge](https://www.facebook.com/SenatorJamieEldridge)

My Website: Visit senatoreldridge.com/seniors and click "Watch" button.

Zoom: Call or Text Bianca DeSousa in my office at **978.460.8564** to get the Zoom login info. ***Those that join via zoom will be able to interact with me and the presenters***

Registration

Online: Visit senatoreldridge.com/seniors and click *Register*

Email: Bianca DeSousa at bianca.desousa@masenate.gov with subject "Senior Conference Registration"

Phone: Call or Text Bianca at **978.460.8564**

Submitting Questions Before The Conference

Online: Visit senatoreldridge.com/seniors

Email: James.Eldridge@masenate.gov with subject "Senior Conference"

Program

Greeting from Senator Eldridge

Resources for Seniors, Executive Office of Elder Affairs - Learn about the different resources that are available to seniors and their families through the Executive Office of Elder Affairs.

Depression Is Not a Normal Part of Aging, MA Department of Mental Health - Things happen in life that can make us sad. That is normal. When it starts interfering with sleep, makes us grumpy, or confused, it might be time to pay attention. The good news is that there is help out there, and things we can all do to help.

Stretch and Relax, Yvonne Benelli - This session is conducted while sitting and standing, with no floor work. After a gentle warm-up to increase heart rates and core body temperature, you will be guided on stretches that improve core strength and balance, while improving posture and alignment.

Aging: Planning Considerations for Yourself and Your Family, D&G Consulting, Inc. - This session aims to educate seniors and their families about the plans and decisions to make after retirement. The focus is on health care, benefits, special concerns about Covid-19, and resources available to meet seniors' needs.

Let's Talk, Financial Education, The Office of Economic Empowerment - This session is designed to inform older adults about ways to prevent financial exploitation and effectively manage their personal finances. It will focus on fraud and scam prevention, banking, credit, saving money, financial recovery and more.

Music Songs and Sing-Along

Gifts and Goodbye with Senator Eldridge - Q&A with Senator Eldridge. You will get a chance to speak with him, ask questions, and win one of the prizes from the raffle! Remember to register for the conference to be in the drawing.

Reminders:

****Your Yearly Social Security Benefit Statement for 2021****

This important document will be mailed to you in December 2020 or January 2021. Remember to put this in a safe place.

****The Center will be CLOSED on Friday, December 25th & Friday, January 1st**

AARP MA is offering:
Nuts and Bolts of Social Security and Working to Keep It Strong
Wednesday, December 16th 5:00 PM - 6:30 PM

This 90-minute Webinar will help you sort out everything you need to know about Social Security as you prepare for retirement, whether retirement is just down the road or a few years off. Hear relevant information to help you sort out your financial future. Also, learn what AARP is doing to help preserve Social Security so it is there for current beneficiaries and future generations.

You will have the opportunity to ask questions.

Speakers:

Kurt Czarnowski, Czarnowski Consulting

Tom Nicholls, Senior Legislative Representative, AARP National, Government Affairs

You will receive a link the day before the event, so you can join this Zoom webinar.

<https://states.aarp.org/massachusetts/join-aarp-massachusetts-for-a-virtual-event-social-security-nuts-and-bolts>



AARP has several Webinars to Refresh Driving Skills

Webinar: Introduction to AARP Driver Safety Programs

[Register here](#)

The driving landscape has changed considerably over the years, and so have the traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.

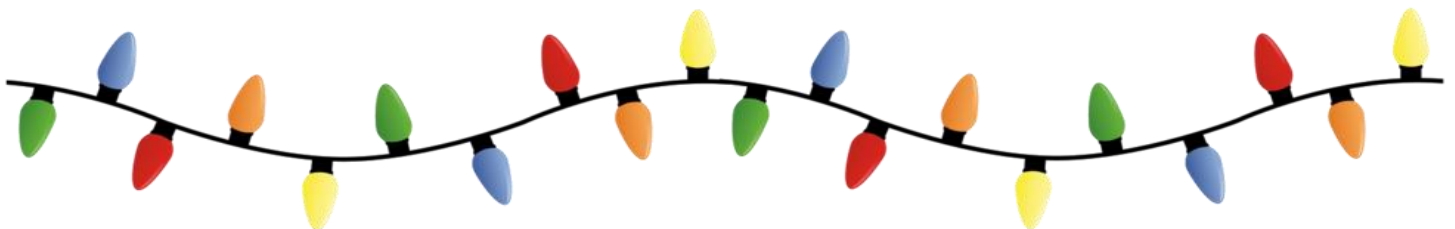
AARP Driver Safety offers multiple programs to help millions of drivers stay confident and safe behind the wheel for as long as possible. Sign up for a special virtual event on **Wednesday, December 2, from 11am to 12pm**, where you will get an overview of all the AARP Driver Safety Programs:

[AARP Smart Driver Course](#) – Refresh your knowledge of the rules of the road. There are no in-person courses offered currently, but the online course is available.

[CarFit](#) – Get the Right Fit Behind the Wheel. While there are no in-person sessions available, free virtual offerings are coming in 2021.

[We Need to Talk](#) - How do you know when it's time to limit or stop driving? This course is offered free online.

[AARP Smart DriverTEK](#) – Get Comfortable with New Vehicle Technology. This is not currently offered in-person but available free online.



Blue Cross Blue Shield of MA is offering a couple of educational webinars

Taming Your Mind with Mindfulness Techniques
Presented by Janet Fontana, RN and Certified Health Coach
December 8th 2:00 pm to 2:30 pm

Register Now at: www.bcbsma.info/Dec8

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

BEWARE OF SCAMS

PHONE SCAMS

IRS Con: The most common type of phone financial scam is a call from IRS impersonators. If you get a call from someone claiming to be the IRS and asking for personal information, know that it is most definitely a trick. The IRS does not call citizens. If they want to get in touch with you, you will receive communications through the mail. And, the IRS would not threaten you with a fine for not giving up information. If you get a call from the "IRS" hang up immediately.

Jury Duty Trick: Thieves have been known to impersonate government officials with the claim that you have missed your jury duty. They will most likely ask you to provide your social security number to prove your identity. It may seem like a no-brainer not to provide this information over the phone, but these criminals can be convincing. Just remember a government worker would never ask for you SSN over the phone or be aggressive towards you. If anyone asks you for your social security number over the phone, end the call.

EMAIL SCAMS

Lottery/Contest/Unclaimed Money Scam: With this type of scam, phishers will send you an email claiming you've won some sort of prize with the goal of getting you to provide your bank info. If it seems too good to be true, it probably is! Check the "To" address and if it is not yours, it is most likely part of a generic scam targeting thousands. We recommend deleting any emails claiming you won a prize for a contest you did not enter.

Bank/Paypal Scam: A popular scam right now is receiving an email from "PayPal" or whomever you do online banking with that your account has been compromised. The email is most likely from a scammer who has copied the same look and feel as the company you do business with. It is very convincing, so beware. Always check the senders email address as it will most likely be slightly off from a legitimate email from the institution. Never click through to links from an email. Type in the company's name in a new tab on your computer and go directly to their site to find their contact information. You can always call the company direct to verify the email you received.

SOFTWARE SCAMS

Remote Access Scam: If you ever get a call or email from someone asking for "remote access" to your computer for whatever the reason (telling you need to upgrade your software, fix technical issues, etc.) do not ever grant permission. The scammers are looking to steal your data or install malware to your computer.

Anti-Virus Scam: This is an alluring scam to prey on your sense of virus protection. If you get an email that directs you to a website that warns you of "bugs" on your computer, delete it. They are trying to get you to pay for unnecessary software or they may install malware onto your computer.

Just remember to stay vigilant and protect yourself and your aging loved ones from these scams. Education is important so make sure to talk to your elderly loved one about these scams that try to fraud seniors. Feel free to share this post with all of your family and friends as well!

For further reading please see this article about [scams targeting seniors and common tech scams](#).

Our Zoom fitness classes

Please see our new classes and join the fun below:

- **Stretch class with Sharon - Thursdays 10:15 -11:00am.** Call the senior center if you are interested. We need your email address to send out a zoom invitation to start the class.
- **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
Strength Training class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. This class will be from 8:30am-9:15am on Mondays and Wednesday's. Please call to sign up 978-568-9638 we will need your email so Sharon can send you a zoom invitation. * There will be modifications for each exercise for those with orthopedic issue
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.** Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.
- **Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.** Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.
- **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. You will have to call the center 978-568-9638 and leave a message we will need your email address so Mike can send you a zoom invitation.



Zoom Genealogy Family Research with Charles Corley Wednesday, December 16th at 10:30am

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

Busing News:

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



Face Masks

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

Something new on Hud TV!

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

Dental Options for Seniors: Every Wednesday at 9am
From SHINE- Serving Health Insurance for Everyone (on Medicare)

Medicare beneficiaries are often surprised to learn that Original Medicare does NOT cover any dental services. This video offers some suggestions to beneficiaries who need dental coverage in addition to their health benefits. You can also watch this on YouTube:

<https://youtu.be/2rJGVLw8YxM>

Frail Elder Waiver- Help for Keeping Your Loved One at Home **Every Wednesday at 9:30 am on cable**

The Frail Elder Waiver may be a solution for families who would like to keep a loved one at home instead of moving them to a long term care facility. Learn more about the in-home supports this MassHealth program may be able to provide to you and your family.

You can also watch this on YouTube: <https://youtu.be/g78Cm5GIxkE>

Holiday and Seasonal Songs **with folksinger, yodeler, multi-instrumentalist** **Roger Tincknell** **Mondays and Fridays 10am-11am**

Please join me for this festive seasonal celebration, which includes many lovely traditional Christmas carols, spirituals, Chanukah songs, plus a variety of familiar seasonal sing-alongs. These include favorites such as: Deck the Halls, Let it Snow, Silver Bells, Winter Wonderland, The Wassailing Song, Feliz Navidad, Jingle Bell Rock, The Holly and the Ivy, We Wish You a Merry Christmas, Greensleeves and many more! Holiday and Seasonal Songs is performed on a variety of instruments that may include: guitar, banjo, mandolin, ukulele, Russian balalaika, harmonica, and Irish bodhran. Audience participation may include singing, dancing, and playing Latin percussion instruments.

“The Christmas Truce” (The ceasefire on Christmas) **With Historian John Horrigan** **Every Wednesday 10-11 AM**

Join five-time Boston/New England Emmy Award-winning historian John Horrigan as he discusses

“The Christmas Truce”, a ceasefire on Christmas all along the Western Front in World War I. When night fell on Christmas Eve, 1914 most fighting stopped. Men from both sides (Scottish, English, French and German) left their trenches and met with their adversaries in ‘No Man’s Land’, where they exchanged stories, beer, wine, chocolate and cakes. They sang Christmas Carols and played soccer until noon on Christmas Day, when the fighting commenced. John will also discuss some of the animals that were instrumental in winning the war.



Elder Law with Frank and Mary
by Arthur P. Bergeron

*Arthur P. Bergeron is an elder law attorney
in the Trusts and Estates Group at MirickO'Connell.*

GIVING IT ALL AWAY (OR AT LEAST SOME OF IT)

Every December my clients ask whether or not it makes sense to make gifts to their loved ones. In addition to getting to hear “thank you”, there are several advantages to giving assets away before you die, with few disadvantages.

GIFT AND INCOME TAX IMPLICATIONS. Despite common misconception, Massachusetts has no gift tax. There is also a myth that a federal gift tax applies if you give someone more than \$15,000 in a year; but federal gift tax only applies when you have exceeded your lifetime giving limit, which is now over \$11M. However, you still are required to file a federal gift tax return to report the gift if it's over \$15,000, even though no tax is due.

MASSACHUSETTS ESTATE TAX. The amounts you give away will be subtracted from your taxable estate for Massachusetts estate tax purposes, thereby reducing the estate tax that would otherwise be owed. This applies even if you give assets away the day before you die, so you may want to talk with your agent named in your Power of Attorney (you **must** have a Durable Power of Attorney) about giving things away shortly before you die if it appears that you are failing.

HELPING TO AVOID PROBATE. Gifting can also be a handy way to avoid probate. Once again, talk with your agent under your Power of Attorney about giving assets away if you are failing.

THINGS TO CONSIDER BEFORE MAKING ANY GIFTS. If your health deteriorates and you need to qualify for MassHealth within the next five years, the MassHealth caseworker may require that the gift be given back before you can qualify. If you are thinking about giving away so-called “capital gains” property like real estate and stock, it may be more advantageous to the recipient if you leave it to them at death, so they can take advantage of something called the “step up in basis.”

It is important that you consult your accountant and lawyer before you make any large gifts. I will be discussing gifting in more depth during this month's elder law virtual seminar, which can be watched on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary and your local cable station, along with Frank and Mary's weekly local cable TV shows, where my co-hosts 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 abergeon@mirickoconnell.com.



Legal Advice with Attorney Arthur Bergeron
Wednesday, January 13, 2021 from 1pm to 3pm

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

OUTREACH



FUEL ASSISTANCE UPDATE: SMOC has changed the dates of when a person can apply for fuel assistance. NEW applicants are now able to apply TODAY instead of having to wait until November 1 to get this application. If you or someone you know is interested, you can now contact us earlier in the heating season to apply for assistance. Call 978-568-9638 to see if you are eligible for this benefit. New applications and Recertifications are being done CURBSIDE or by mail. If you would like our help with fuel applications, we are scheduling appointments to drop off paperwork/sign forms curbside at the Hudson Senior Center. Once again, things look a bit differently this year, but we are still here to help you with your application needs!

DIAL-A-LAWYER: FREE LEGAL ADVICE by phone for elders. The Massachusetts Bar Association sponsors a monthly Dial-a-Lawyer program and encourages members of the public to call The hotline for free legal advice. Dial-a-Lawyer attorney volunteers are in good standing and have a wide variety of legal expertise. On the first Wednesday of the month, from 5:30-7:30 PM attorneys are available at 617-338-0610 or 877-686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

SENIOR FRAUD HELPLINE: 1-800-297-9760 Concerned about being threatened or targeted by phone, email or in-person? Want to learn more about scams and frauds in this era of COVID-19? Call the Senior Fraud Helpline and speak with a compassionate listener who can help with your next steps.



FOOD ASSISTANCE

AMVETS of Hudson is offering their FREE Christmas Day Dinners.

The Hudson AMVETS will be providing meals (Home for the Holidays) on Christmas Day.

There will be delivery only starting at 11:00AM. No in-house seating and no pickup. Please call the AMVETS at 978-568-8178 for a meal reservation

Stevie's is offering 3 different meals, pork loin, ham and prime rib all with caramelized carrots, mashed potatoes, broccoli salad rolls and butter for Christmas. People can call for prices, 978-310-7051 and seniors get 20% discount.

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/ e-mail – contact@hudsoncommunityfoodpantry.org or Facebook Messenger

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

Will deliver food twice a month on the first and third Fridays of the month for those in need. To receive a delivery, you must call Stacey first at 978-601-249.

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.

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



MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o **dia 7 de Dezembro de 2020, para ser efectivo no dia 1 de Janeiro de 2021.**

Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2020 até o dia 30 de Abril de 2021. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família

Rendimento

1

\$39,105

2

\$51,137

3

\$63,169

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

Lave as mãos frequentemente com água morna e sabão ou use um álcool gel higienizador para mãos.

Evite tocar seus olhos, nariz e boca.

Limpe os objetos que você toca frequentemente com sprays para limpeza caseira ou lenços umedecidos desinfetantes.

Cubra sua boca quando tossir ou espirrar, usando um lenço de papel ou a parte de dentro de seu cotovelo, não as mãos.

Fique em casa se estiver doente e evite contato próximo com outras pessoas.

Pense com antecedência sobre como vai cuidar de si mesmo e das pessoas que você ama.

Mais informações em: www.mass.gov/2019coronavirus

DATAS IMPORTANTES

Dia 15 de Dezembro – Café com Janice, Holly, Ana e Virginia pelo computador (Zoom) às 9:30 da manhã. Telefone para o Senior Center para resevar o seu lugar.

Dia 18 de Dezembro – **“Grab and Go” Almoço grátis de Natal ao meio-dia** no Hudson Senior Center. O almoço é “chicken piccata”, arroz, feijão verde e pão. 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. **Telefone para o Senior Center – 978-568-9638 a partir do dia 3 de Dezembro para reservar o seu lugar. Limitado a 70 pessoas.**

Dia 25 de Dezembro – O Senior Center estará fechado devido ao feriado do Natal.



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)

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

THE ANNUAL DUES ARE DUE IN JANUARY FOR 2021

THEY ARE STILL ONLY \$7.00 PER PERSON!

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

NAME _____

DUES: _____

ADDRESS _____

DONATION: _____

(optional)

TELEPHONE _____

EMAIL _____

TOTAL: _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____

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

Name: _____

December Word Search



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DECEMBER
CHRISTMAS
WINTER
COLD
SOLSTICE

CELEBRATE
HANUKKAH
PEARL HARBOUR
GIFTS
HOLIDAYS

SANTA
SLEIGH
RELIGION
GREETINGS
PARTY

