

**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



**2022**

**Hudson Council on Aging  
A Multi-Service Center**

*Open Monday through Friday - 8:00am to 3:30pm*

*(978) 568-9638 (978) 568-9639 (978) 568-9647 Fax (978) 567-0946*

**Social Services:**

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as BayPath Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

**Senior Center Staff:**

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver

**Social Activities:**

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

**Members of the Council on Aging Board:**

- Trisha Desmond - Chair 978-562-2492
- John Gill- Vice Chair - 978-568-1107
- Diane M. Durand - Secretary -- 978-621-9665
- Nina Smith - Treasurer - 978-562-3077
- Charles Corley - 978-568-8840
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Janet Saluk- 978-618-7124
- Edward Silveira - 978-568-3438

**Meetings:**

**The Council on Aging Board** –1st Wednesday of each month at 1:00pm

**The Friends of Hudson Seniors** - 2nd Tuesday of each month at 9:30am

*Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.*



February 2022

REP. KATE HOGAN'S SENIOR NEWS

### Programs and Updates for Seniors

2021 income tax returns are due April 19, 2022 for those who are required to file them. Following is information and updates on programs and policies that may make the 2021 tax filing process easier for our seniors and their families.

**Senior Circuit Breaker Tax Credit:** Whether you rent or own your primary residence in Massachusetts, income-eligible seniors can receive meaningful relief on their property taxes with a credit based on your real estate tax bill. To see whether you meet the eligibility requirements, visit: <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>

**Senior Property Tax Work-Off:** There is another interesting pathway to tax relief for civic-minded seniors. The Property Tax Work Off program invites seniors to volunteer in their community in exchange for a break in their property taxes. This program is popular, so contact the Council on Aging (COA) to learn more about applying.

**Addition Exemptions for Seniors:** The Department of Revenue offers tax exemptions for residents aged 65 or older, as well as for blindness, medical and dental expenses and many government pensions. More information is available at: <https://www.mass.gov/doc/dor-tax-tips-for-seniors-and-retirees/download>

*Kate*

**Property Tax Deferral:** The senior property tax deferral program, known as **Clause 41A**, allows people 65 or over to defer their property taxes until their home is sold or conveyed. Contact the Town Assessor for information on eligibility and applying.

**Publication 554:** This is a booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. You can download a copy of Publication 554 at <https://www.irs.gov/forms-pubs/about-publication-554>, or call Rep. Hogan's District Director Karen Freker at 617-722-2600(option #2) for a copy.

I hope you find this information and these resources helpful as you begin preparing for tax season. Please do not hesitate to contact my office or the COA if you need assistance taking advantage of some of these programs.

*Kate*

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](mailto:Kate.Hogan@mahouse.gov)  
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333  
Facebook: [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)  
[Virtual office hours for constituents will be held February 18 from 1-2 pm and February 22 from 6-7 pm. Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call \(617\) 722-2600 \(option #2\) to leave a voicemail or send email to Kate.Hogan@mahouse.gov. Please register for an appointment by 5 pm on February 16.](#)

Hello to Everyone,



Out of an abundance of caution, all social activities held at the senior center will continue to be “on hold”. The Council on Aging Board will meet in early February to reassess the situation. Hopefully by then, the covid cases will have decreased enough for everyone to return safely for social activities held at our center!



### Get (4) free at-home COVID-19 tests

There's a new federal resource to get free FDA-authorized coronavirus test kits. At [COVIDtests.gov](https://COVIDtests.gov), you'll find information about testing and a link to the U.S. Postal Service – [special.usps.com/testkits](https://special.usps.com/testkits) – where you can order up to four rapid tests to be sent to your home address. Or order your kits by calling 1-800-232-0233 (TTY 1-888-720-7489). Your kits will be mailed through the U.S. Postal Service within 7 to 12 days.

The tests are completely free. There are no shipping costs, and you don't have to give a credit card or bank account number. You only need to give a name and address. Once you place an order, you'll get an order confirmation number. If you give your email address, you'll also get an order confirmation email and delivery updates. **Anyone who asks for more information than that is a scammer.** So, remember:

- **Go to [COVIDtests.gov](https://COVIDtests.gov) or call 1-800-232-0233 (TTY 1-888-720-7489) to order your free COVID test kits from the federal government.** Online, if you click to order, you'll be redirected to [special.usps.com/testkits](https://special.usps.com/testkits). If you follow a link from a news story, double-check the URL that shows in your browser's address bar.
- **No one will call, text, or email you from the federal government to ask for your information to “help” you order free kits.** Only a scammer will contact you, asking for information like your credit card, bank account, or Social Security number. Do not respond. Instead, report it to the FTC at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov).

**If you need help ordering the free Covid at home test kits please call the Hudson Senior Center. We are happy to help you order your free kits.**

### Covid -19 Booster shots are important



Did you know that as of January 9, 2022, approximately 415,000 Massachusetts older adults (60 +) who are fully vaccinated and eligible for a booster shot, **STILL** need to get the booster shot? Boosters help people extend protection from severe disease, hospitalization and death due to COVID-19.

According to [Joshua Kline, MD](#), chief medical officer, PPG – Family Medicine, states a third dose or booster shot can help protect the population against COVID-19. “An additional or third dose is particularly beneficial for those who have a compromised immune system. The booster can offer an additional layer of protection for those who are fully vaccinated, as protection from the initial vaccines can wane over time”.

Experts recommend a booster six months after the initial Pfizer or Moderna vaccine series, or two months after the Johnson & Johnson vaccine. According to the [Centers for Disease Control and Prevention](#) (CDC), you do not need to get the same kind of vaccine for your booster as you did for your initial vaccine series.

The Executive Office of Elder Affairs sent out additional data regarding Municipal Booster Information from January 13, 2022. This shows the Town of Hudson MA as having 69% of residents 65 + having their vaccinations and booster shots. It also reports that there are 1056 Hudson residents 65 + that are eligible to get a booster shot and still need to get one.

**If you need help scheduling your Booster shot call the senior center and we will help you schedule it. (978-568-9638)**

## How to schedule an in-home Vaccination or Booster shot

If you are home-bound, you can call the In-Home Vaccination Central Intake Line at **(833) 983-0485**. Representatives are available **Monday through Friday from 9 a.m. to 5 p.m.** Representatives are available in both English and Spanish, and also have access to translators for over 100 languages.

You will be able to speak with a representative and **you will be registered with the Commonwealth's Department of Public Health (DPH)**, which will handle the scheduling and administration of in-home vaccinations. When you are registered with DPH, you will be called to schedule your appointment. In-home vaccinations will be:

- Performed by medical professionals, following all public health guidelines
- Tailored to meet the individual needs of the individual, as discussed on the scheduling call
- Scheduled based on geography of residents, not on a first-come first-served basis
- Performed using either the Johnson & Johnson single-dose vaccine, which is easier to transport and requires only one appointment, or using the two dose Moderna or Pfizer vaccines.

The Massachusetts in home vaccination program helps a person make an appointment and then the VAX provider comes to the home. This program includes Booster shots as well.

If you have a computer you can also log on to [www.patientportalma.com](http://www.patientportalma.com) to create your account.

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### Something special for a Valentine's grab and go meal On Thursday, February 17<sup>th</sup> for a 12:30 pick up



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***Sign up beginning Tuesday, February 8<sup>th</sup>***

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We are working with Welly's Restaurant in Hudson to give you their delicious Chicken Parmesan with ziti pasta entrée. The Artisan in Hudson will provide a surprise dessert. Cost to you is \$5.00. Thank you to Welly's and the Artisan for this special treat! **LIMITED TO 80 PEOPLE.**



### Well Being Series Continues

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

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

- **Self-Empowered Living** will teach strategies to work through anxiety that many of us have experienced through the pandemic, stress and winter blues. This class will start **Wednesday March 2, from 10am to 11:00am and end on Wednesday, March 23<sup>rd</sup> from 10am to 11am.**
- **Mindful Living** will focus on medication and relaxing the mind. This class will be every Thursday starting **Thursday, March 3<sup>rd</sup> at 9am–10am and end Thursday, March 24<sup>th</sup> 9am – 10am.**

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



## Neck and Shoulder Pain Presentation

on Tuesday March 29<sup>th</sup> at 1pm

Kevin Flaherty, Physical Therapist and Owner of Flaherty Physical Therapy in Hudson and Northborough has over 30 years of working with a wide variety of neck and shoulder issues  
**Limited to 20 people. Call to sign up**



**Assabet Technical High School's Tech Savvy students are back again to answer your technology questions**  
**Monday, March 14<sup>th</sup> at 10:30am**

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**

## ***WINTER BLUES SUPPORT GROUP*** with Alex

**Thursday, February 24<sup>th</sup> at 10am at the Senior Center**



Hi, my name is Alex O'Hare and I am the new community social worker for the Town of Hudson. Do you struggle around the winter season? Seasonal depression is very common in the winter months due to the days being shorter and the less sunshine we get. There will be a Winter Blues Support Group at the senior center on February 24<sup>th</sup>. It is a great opportunity to share your personal experience with seasonal depression with others and receive emotional support. Thank you, I look forward to hearing from you. Call 978-568-9638 to sign up for this program.



## **AARP TAXAIDE RETURNS**

The Center is pleased to offer free help to prepare Federal and State income tax returns. The program is intended for **low- or moderate-income** taxpayers. Volunteers with the AARP TAXAIDE program will be available to prepare returns Tuesday mornings starting February 1. In accordance with AARP policy, both counselors and taxpayers **MUST** wear a mask. All volunteers will be vaccinated for COVID and we ask that taxpayers also be vaccinated for COVID.

**The process for this year (assuming COVID protocols do not change) will be as follows:**

- Taxpayers call the Center to schedule a 15-minute appointment to bring their tax information to the center and a five-minute appointment later the same day to pick up the completed return
- At the scheduled time, the taxpayer comes to the center, completes the intake form, and reviews all their documentation with a counselor. The counselor keeps the documents and reminds the Taxpayer of the time to return later that day. The taxpayer leaves the center.
- A counselor at the center prepares the return and the return is Quality reviewed
- The Taxpayer returns at the second time (around 1:00) to review and sign the return and takes all the documents and their copy of the return home.
- Both visits need to be the same day. AARP cannot keep documents overnight and if a taxpayers' does not return, the only option is to destroy all their documents.

**REMINDER: Center is closed on Monday, February 21<sup>st</sup> for Presidents' Day**

## 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.** *No Class in February*
- **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. *No Class first week of February*
- **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**

## Hudson Senior Center Trips 2022



### Thursday, March 10<sup>th</sup> Celtic Angels Ireland \*\*payment due now\*\*

Danversport Yacht – Danvers, MA. Also performing: Celtic Knights Dancers and The Trinity Band Ensemble of Dublin. These performers will transport us to their homeland of Ireland. Includes plated Luncheon of your choice of Corned Beef and Cabbage or Baked Schrod, Show, gratuity and transportation. \*No Refunds for cancellations after 3/2/22\*

**Price: \$99.00 pp**

### April 30<sup>th</sup> -May 1<sup>st</sup> 2022 New York City 2 Days/ 1 Night

Enjoy this quick trip to NYC and stay in the heart of the city for 1 night at the Sheraton NY Times Square in the heart of midtown and walking distance to major sights. Roundtrip Deluxe Motor coach transportation, Lodging, Full American Buffet Breakfast at the hotel, visit to the September 11<sup>th</sup> Museum and Memorial, ferry ride to Liberty Island & Ellis Island and Tour Director.

\*\$50 deposit and final payment by March 4<sup>th</sup>\*

**Price: \$429pp Double / \$559 Single**

### Wednesday, June 15<sup>th</sup> The McCartney Years

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

**Price: \$99.00pp**

### Thursday, July 21<sup>st</sup> Icons & Legends Concert The Ultimate Tribute Show Fosters Lobsterbake

Experience some of the greatest hits from some of the greatest entertainers of all time such as Neil Diamond, Carole King, Karen Carpenter, Johnny Cash, Roy Orbison, Elvis, the Eagles and more! Your meal includes: whole boiled 1 1/4lb Lobster, clam chowder, steamed mussels, clams, corn on the cob, potatoes & onions, blueberry cake, rolls, butter and beverage OR ½ BBQ chicken as a lobster alternative at Fosters in York, ME. \*No Refunds for cancellations after 7/9/22\*

**Price: \$99.00pp**

*Informational Flyers available at the front desk*

## Message from the Friends...

**Next Friends Meeting: Tuesday, February 8<sup>th</sup> at 9:30am**

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

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

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

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

## Winter Weather



**If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed. This includes all bus rides.**

If it is snowing or sleeting and the schools are **NOT** closed, for **your safety**, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also, please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

## Preparing for Winter Weather...

What you need in your Winter Emergency Supply Kit: flashlight and extra batteries, portable radio or NOAA Weather Radio with extra batteries, charged cell phone, essential prescription medications, non-perishable food, manual can opener, one gallon of water per person per day, fire extinguisher, extra blankets. BE SAFE!!! 😊

**ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.**

**Please provide updated information and an emergency contact!**

**THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2022!**

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

## Friends of the Hudson Senior Center 2022 Dues

NAME \_\_\_\_\_

DUES \_\_\_\_\_

ADDRESS \_\_\_\_\_

DONATION \_\_\_\_\_

TELEPHONE \_\_\_\_\_

TOTAL \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_

## Transportation News...



### Food Shopping day is Back!

#### Tuesdays:

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaws or WalMart: pick-ups beginning at 10am



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. **Masks MUST be worn while on the bus at all times regardless of vaccination status. Seatbelts must also be worn**

### Parkinson's afternoon class at the Hudson Senior Center on: Thursdays at 1pm

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques. Space is limited to 20. New participants must call for availability.



### “VETS TALK” A program for Veterans

**Thursday, February 10<sup>th</sup> & 17<sup>th</sup> at 9am**  
*Every Thursday except the 4<sup>th</sup> Thursday of the month*



Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.

### “Movie Day” at the Center

Here is the listing of the movie for February. **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, February 7<sup>th</sup> & Friday, February 11<sup>th</sup> – *Being The Ricardos*



During one production week of “I Love Lucy” — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin's behind-the-scenes drama.

*Rating: R Runtime: 2hr 12min*

#### Monday, February 14<sup>th</sup> & Friday, February 18<sup>th</sup> – *Munich: The Edge of War*



Based on the international bestseller by Robert Harris. It is Autumn 1938 and Europe stands on the brink of war. Adolf Hitler is preparing to invade Czechoslovakia and Neville Chamberlain's government desperately seeks a peaceful solution. With the pressure building, Hugh Legat, British civil servant, and Paul von Hartmann, German diplomat, travel to Munich for the emergency Conference. As negotiations begin, the two old friends find themselves at the center of a web of political subterfuge and very real danger. Starring Jeremy Irons.

*Rating: PG-13 Runtime: 2hr 3min*





## 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.*

### MOVING

Moving. A word that brings fear to the hearts of most seniors. You've been in your home forever, but either you can't manage it any more or you really don't want to. While every situation is different, here is some general advice that may help:

- **PLAN EARLY TO AVOID RUSHED DECISIONS.** All the reasons you were thinking of moving in the first place (mainly, health reasons connected with your age) are only going to get worse over time. Don't wait until the fall or the broken hip before you decide its time to move. Figure out your options now while you still have more choices.
- **CONSULT PROFESSIONALS.** Ideally, there is a geriatric care manager near you who can meet with you, help you assess your current situation, and suggest whether there are things you can do (home modifications, caregiver programs) that can help you stay in your house safely for a while longer. If you need to move, they can also give you options for the best places to consider for your current situation. I often also refer my clients to the local ASAPs, Baypath Elder Services (Metrowest) or Elder Services of Cape Cod and the Islands (Martha's Vineyard and Nantucket) for additional guidance. Of course, the best place to start is probably your senior center.
- **FIGURE OUT THE COST - YOU MAY BE SURPRISED.** I can give you countless stories of clients who remained as is in their home because they assumed they could not afford to make the necessary home modifications or were convinced they could not afford to move. The cost of moving to an assisted living community may look really high until you compare it to the taxes, insurance, house maintenance, and food bills that you will be leaving behind. So actually, do the numbers. The professionals to whom I referred above can help you do this.
- **DON'T RELY ON THE ADVICE YOU GOT AT DUNKIN DONUTS.** Friends and even family members may have gone through this, but their experience and knowledge of the real range of options will always be more limited than that of the professionals who actually help people with these issues for a living.

The bottom line, though, is simple. If you're worried about this, learn more and then do something.

If you want to learn more about this topic, check out my February seminar on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).



### Legal Advice with Attorney Arthur Bergeron

**Wednesday, February 9<sup>th</sup> from 1pm to 3pm by appointment only**

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

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

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

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

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

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

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

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

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

Or email at [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com) for more information.



### Genealogy Family Research with Charles Corley at the Senior Center Wednesday, February 16<sup>th</sup> at 10:30am

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



### Calling all artists and latent artists

Come join us from 10am-12pm in the Craft Room for the **Tuesday Open Painting Studio**



### Hudson Senior Center Gift Shoppe

**Thursdays 9:30am -12:30pm**

### **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 12:30pm on Wednesdays

### PM CARDS

Canasta

Wednesdays at 12:00pm.

Looking for 4 players. Please call the front desk to sign up



### Pool Room

Come play on our 2 beautiful tables!

Monday-Friday 8:30am –3:30pm.



### Bridge: Tuesday 1-3pm

Fridays 1-3pm



### **Senior Center Lending Library**

Donations made to our Library are appreciated with **Copyright date no earlier than 2012.**

**Check out our new Large Print section**

## OUTREACH

Holly Richardson

### Medicare Advantage Open Enrollment Period

The Medicare Open Enrollment period ended on December 7, 2021 with changes made, beginning January 1, 2022. Unless you qualify for a Special Enrollment Period, you are unable to change your plan until the next Open Enrollment (October 15-December 7, 2022), with a start date of January 1, 2023.

There is however a Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This Medicare Advantage Open Enrollment Period is **ONLY** for those who are enrolled in a Medicare Advantage Plan (HMOs, PPOs for example), not for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You **MUST** be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used **ONCE**, and the new plan effective date is the first of the following month.

What can you do during this Medicare Advantage OEP? You can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original Medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan. If you missed the Open Enrollment Period and want to have your insurance reviewed during this Medicare Advantage Open Enrollment period, you can contact a SHINE representative for assistance. The Hudson Senior Center SHINE counselors can be reached at 978-568-9638. Please be advised that all appointments are currently being done telephonically. Remember this period of time is only from January 1-March 31 so don't delay.

If you are not in a Medicare Advantage plan and have missed the Open Enrollment Period, contact the SHINE department to see if you qualify for a Special Enrollment to make a change to your insurance, or see if you qualify for an assistance program that may provide a Special Enrollment for you during the year.

### SMOC

Many of you have contacted us in regards to a letter from SMOC stating that you have been approved for ARPA funds paid to your electric bill or split between electric and gas.

ARPA funds were awarded from the Government to SMOC clients that were eligible for their program last year. This is **NOT** your Fuel Assistance Benefit for the year. If you have not filled out an application for the 2021/2022 season you must do so in order to receive your fuel assistance benefit for **THIS** heating season.



**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA**  
**TARDE.**  
**O NÚMERO DE TELEFONE É 978-568-9638 EXT.476**



**“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”**

**De 1 de Janeiro de 2022 a 31 de Março de 2022**, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan “ ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). **Caso tenha algumas perguntas, não hesite em contactar o Senior Center e falar com Ana Terra-Salomao – 978-568-9638 x 476.**

**INFORMAÇÃO IMPORTANTE**

**Se as Escolas Publicas de Hudson estiverem fechadas devido a neve o Senior Center também estará fechado. Por favor não venha ao Senior Center se estiver mau tempo. Estamos preocupados com a segurança dos nossos clientes.**

**DIAS DE IR ÀS COMPRAS!!**

Os dias de ir às compras são terça-feira e quinta-feira para todos os idosos de Hudson a partir das 9:00 da manhã para ir ao Market Basket e a partir das 10:00 da manhã para ir ao Stop & Shop, Shaws ou Walmart. Por favor telefone para reservar o seu lugar na segunda-feira antes das 3:30 da tarde.

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

Este inverno, precisa ajuda com as despesas de aquecimento? O programa do “SMOC” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2021 até o dia 30 de Abril de 2022. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$40,951
2	\$53,551

**DATAS IMPORTANTES**

Dias 7, 14 e 28 de Fevereiro - Grupo de croché às 9:00 da manhã. Venha fazer croché com um grupo alegre.

Dia 8 de Fevereiro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 9 de Fevereiro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 17 de Fevereiro – “Grab and Go” almoço de “Valentine’s Day” às 12:30 da tarde no Senior Center. O custo é \$5.00 por pessoa. Telefone para os Senior Center, 978-568-9638 a partir do dia 8 de Fevereiro para reservar os seu almoco. **Limitado a 80 pessoas.**

**Dia 21 de Fevereiro – O Senior Center estará fechado devido ao feriado do “President’s Day.”**



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

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

# VALENTINE'S DAY WORD SEARCH

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

Arrow  
 Be mine  
 Bouquet  
 Candy  
 Card  
 Chocolate  
 Cuddle

Cupid  
 February  
 Flowers  
 Friend  
 Hearts  
 Hug  
 Kiss

Love  
 Pink  
 Red  
 Romance  
 Roses  
 Sweet  
 Valentine





# February



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
	09:30a Zoom Chair Pilates 10:00a Food Shopping 10:30a zoom Parkinsons class	09:00a Stretch Yoga Chair Zoom 01:00p Zoom COA Brd Mting	09:30a Zoom Back to Basics Pilates	
7	8	9	10	11
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Friends Meeting 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:30p Bingo 01:00p Bergeron Advice	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:40a Parkinsons Exercise 11:30a DayBreak 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p Bridge
14	15	16	17	18
08:00a Library 08:30a zoom Strength training 12:00p Mah Jong 12:30p Movie Day	08:00a Library 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:00a Library 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:30a Genealogy 12:30p Bingo	08:00a Library 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:40a Parkinsons Exercise 11:30a DayBreak 12:00p Mah Jong 12:30p Grab and Go Lunch	08:00a Library 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p Bridge
21	22	23	24	25
08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:30p Bingo	08:00a Library 08:30a Billiards 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:00a WINTER BLUES 10:40a Parkinsons Exercise 11:30a DayBreak 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 01:00p Bridge
28				
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 12:00p Mah Jong				