

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



Hudson Senior Center

Non-Profit Organization
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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) 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

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.



January 2020

REP. KATE HOGAN'S SENIOR NEWS

Massachusetts Annual Budget Prioritizes Seniors

Just like a household's budget, the Commonwealth's annual budget reflects its spending priorities (after fixed or mandated expenses are accounted for). The FY21 budget that was passed last month prioritizes seniors in several ways. Following are highlights from the joint House and Senate version of the bill:

The FY21 budget recognizes that COVID-19 has been particularly hard on our elder population. It includes a significant additional investment of **\$58 million beyond the FY20 budget** on programs for aging adults, and adopts several important policies that will benefit older adults.

My colleagues and I have made a commitment over time to building a continuum of care so that older adults who choose to remain in the community, rather than live in a nursing home, will be able to do so. We voted to support this approach by making a **new investment of \$17 million for rate adjustments for home care services**. Additionally, we establish a commission to develop a **licensure process for home care agencies**, a move that will pave the way for ensuring quality home care. Also, there is now a requirement in the home care line item that a range of home care providers receive training to **ensure sensitivity to the LGBTQ community**.

The pandemic has heightened our awareness of the supports that aging adults need in order to live successfully in the community. With that in mind, the budget increases the appropriations for **geriatric mental health services, elder protective services, and supportive senior housing**.

The House Elder Affairs committee has heard testimony indicating that there seems to be transmission of the virus from individuals leaving hospitals when their care is concluded and returning to nursing homes. Therefore, we included a requirement that DPH issue a report on **preventing the transmission of COVID-19** from hospitals to nursing homes, in order to prevent future outbreaks.

This has been a difficult time for many of us, and my colleagues in the legislature and I have kept the welfare of our seniors on our minds as we listened to testimony, filed amendments, and considered the budget. If there's one silver lining coming out of the pandemic, it's that we have become more aware of human suffering and how to respond, while moving toward a public health care system that works for all.

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.

May the New Year be happy and healthy for all!

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!

I hope you all had a happy holiday. I'm sure it was a little different from previous years. For me, it was quiet with no grandchildren but we had a zoom dinner meeting with family members. Obviously not the same as having them with us, but at least we could see them and had a few laughs. On another note, the staff and I continue to work from the office or from home. Remember to leave us a message and we will get back to you. The bus is running for food shopping (only one person at a time) and medical appointments. Continue to wear your mask, social distance and wash your hands as the number of COVID cases continues to rise!

....Janice

Hudson Senior Center's Holiday Cheer program was a big success; all due to many anonymous *Elves*.....



I would like to acknowledge the many Elves in our community who supported our Holiday Cheer program. In less than two weeks these Elves provided sugar free candies, adult coloring books, colored pencils, crayons, hand sanitizer, shampoo, flashlights, hot chocolate etc. enough to over fill 30 bags. These bags brought cheer to seniors in our community who do not have family close by. We appreciate your effort, kindness and compassion. It's people like you that bring the change the world needs right now. It is a pleasure working with you! Thank you so much!



NEW Restorative Yoga (12-week session) Mondays, 3:30-4pm. Begins Jan 11th,



This class made possible by the MetroWest Health Foundation.

Join Instructor Rebecca Reber on Zoom for a gentle mat style of yoga that concentrates on mindfulness and breath more than yoga poses. We will use props found around the house to create a comfortable position for each pose and let the body and mind relax. This enables us to move from "fight and flight" mode (which we all are in these days) to our "rest and digest" in the parasympathetic nervous system. There are many benefits from this including better health and sleep.

Registration is open to Northborough, Hudson, and Marlborough residents. You must call the Northborough Senior Center at 508-393-5035 to register.

Review: "Best class ever!!!! I can't believe how relaxing that was. For whatever reason I have been a little stressed this week and the stress disappeared. Loved the sloping pose the most. Can't thank you enough"-Patty

Live Zoom Presentation Friday January 22nd at 11:00am



**Join five-time Boston/New England Emmy Award-winning Historian
John Horrigan as he presents:**

"The life and legacy of Dr. Martin Luther King."

Call the Senior Center at 978-568-9638 to sign up for this presentation and we will send you the link on Thursday Jan 21st or you can use the link below

Join Zoom Meeting <https://us02web.zoom.us/j/8153892249?pwd=Wjl1RS9RTXhNNXdEcGU5aHJBUjkrdz09>
Meeting ID: 815 389 2249 Passcode: truce

Grab and Go Meal

Wednesday, January 20th between 12-12:30pm

Back by popular demand Stevie's is offering you a choice of: hot chicken or beef stew with rolls, butter and hot apple crisp. **Cost is \$5.00** As usual; staff will be handing out the meals so please wear your mask. In the event of snow, we will reschedule to Thursday, January 21st.

Limited to 50 people. *Sign-ups begin on Thursday, January 7th.*

When can I get the COVID-19 vaccine?

Learn where you will fit into the COVID-19 vaccine distribution timeline. The Baker-Polito Administration and the Department of Public Health developed a vaccine distribution timeline after extensive consultation with the [Massachusetts Vaccine Advisory Group](#), made up of leaders from health care, the faith community, community organizations, local government, and others. The timeline reflects several priorities: protecting our most vulnerable, maintaining health care system capacity, and addressing inequities in health care access and COVID-19 burden. Vaccine distribution in MA will occur in a phased approach:



This list will be updated Tuesdays and Thursdays by 5pm in response to questions submitted via COVID-19-Vaccine-Plan-MA@mass.gov.

How COVID-19 Vaccines Work (From the Covi-19 Vaccine website)

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of “memory” T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future. It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.

Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

****Please make sure to call your doctor’s office with any questions you may have regarding the vaccine! ****

Medicare covers related needs regarding COVID-19

- Medicare covers the [lab tests for COVID-19](#). You pay no out-of-pocket costs.
- Medicare covers [FDA-authorized COVID-19 antibody \(or “serology”\) tests](#) if you were **diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection**.
- Medicare covers all [medically necessary hospitalizations](#). This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. You'll still pay for any hospital deductibles, copays, or coinsurances that apply.
- Vaccine for COVID-19 will be covered when it becomes available.
- If you have a [Medicare Advantage Plan](#), you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits and expanded benefits, like meal delivery or medical transport services. Check with your plan about your coverage and costs.
- Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!

Coping with stress

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Here are a few things you can do to cope with that stress:

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

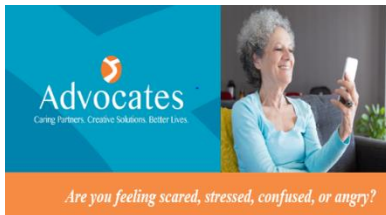
Hudson Council on Aging Board has a vacancy

The Council on Aging Board is looking for applicants interested in the position of Hudson Council on Aging Board member. The Council on Aging Board oversees the operations of the Hudson Senior Center. This is a nine-member board that holds meetings once a month at 1:00pm, presently we are doing zoom meetings. It would be helpful if you have a computer and email address. Anyone interested is asked to fill out a Committee / Board Interest Form. This form is available on the Town of Hudson website or calling the Senior Center at 978-568-9638. **The deadline for submitting your Board Interest Form is by the end of day on January 15, 2021.**

Reminders:

***If you did not get your 2021 Social Security Benefit statement in December you will get it in January. Please keep this in a safe place.**

***The Center will be CLOSED on Monday, January 18th.**



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



Zoom Coffee Hour with Staff & special guest... Kelli Calo, Director of Public and Community Health Thursday, January 14th at 10am

We miss seeing everyone so join us for a morning coffee and some fun conversation! Sign up by emailing Jlong@townofhudson.org or vfigueiredo@townofhudson.org just call the front desk to register. We will send you a zoom invitation. Please join this will be fun!

AARP Tax Help:

Janice is working with the AARP tax preparers and Board of Health regarding this year's tax returns. We will let you know if this is something we can do in the February newsletter. You should have a backup plan for your tax returns in the event we are not able to have the tax program at the Hudson Senior Center this year.

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, January 20th 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

A Conversation with Donna McCormick of the Medicare Advocacy Project

[A Conversation With Donna McCormick of the Medicare Advocacy Project \(MAP\) - YouTube](#)

Every Monday and Friday at 9am

Kathleen Gouveia of the Massachusetts SHINE program interviews Donna McCormick, Senior Attorney with Greater Boston Legal Services to learn more about how MAP can help Medicare Beneficiaries with legal issues related to their Medicare coverage (This is very informative)

You can watch this on YouTube https://youtube.com/watch?v=LA1dxG_5QT4

SHINE: Veterans Benefits Interview

Every Monday and Friday at 9:30

You can watch this on YouTube <https://www.youtube.com/watch?v=YQO0tHCAmU>

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://youtube/g78Cm5GIxkE>



The Life and Legacy of Dr. Martin Luther King

With Historian John Horrigan

Every Wednesday 10-11 AM

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

“The life and legacy of Dr. Martin Luther King.”



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.*

THE PLANNING YOU NEED TO QUALIFY FOR MASSHEALTH

In previous columns I have explained how, *whether you are single or married*, you can always qualify for MassHealth at the last minute if you need to. Knowing that to be true, do you still need to plan ahead? The answer is yes, however, the planning is different depending on whether you are single or married.

If you're married, while you are both alive, either of you can qualify for MassHealth. However, you should plan ahead if you want to make sure that if one of you dies, your assets will be protected if the survivor needs to qualify. You can do that by:

- Executing a will stating that any assets that would have gone to the survivor will instead be held in trust for the survivor.
- Transferring all assets you want to protect for the survivor into the name of the spouse who is more likely to die first. Even if the assets are transferred to the first spouse to die the day before death, the assets will be protected immediately if the survivor later needs to qualify for MassHealth.

If you're single, the only way you can protect some or all of your assets is by giving them away and waiting five years. Remember that:

- You don't need to give every asset away. Keep whatever amount of assets will keep you from losing sleep at night. The assets you keep will need to be spent down if you later need to qualify for MassHealth. However, the rest will be safe.
- You can transfer assets to an irrevocable trust. But alternatively, you can give assets to your children outright. In either case you have to trust the person, since that person will not be legally obligated to use the assets for your benefit if you need them.
- Remember, the 5-year lookback runs until the day you apply for MassHealth, even if you have been in a nursing home for a few years on private pay. So, if you need nursing home care in the interim, structure things so that your children or Trustee can pay the nursing home until the 5-year period has passed and the remaining assets are safe.

I will be discussing qualifying for MassHealth 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 Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with the Frank and Mary in Hudson cable TV show, 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, 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



Medicare Advantage Open Enrollment Period

The Medicare Open Enrollment period ended on December 7, 2020. This means, that unless you qualify for a Special Enrollment Period, you are unable to change your plan until the next Open Enrollment (October 15-December 7, 2021), with a start date of January 1, 2022 . 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.

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

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.

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

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”
“MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2021 a 31 de Março de 2021, 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”). Se precisar de ajuda, telefone para o Senior Center 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

1
2
3

Rendimento

\$39,105
\$51,137
\$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 1 de Janeiro – O Senior Center estará fechado pelo feriado do Premeiro do Ano.

Dia 14 de Janeiro – Café com Janice, Holly, Ana, Virginia e Kelli do Hudson Board of Health pelo computador (Zoom) às 10:00 da manhã. Telefone para o Senior Center para resevar o seu lugar.

Dia 18 de Janeiro – O Senior Center estará fechado pelo feriado do “Martin Luther King Day”.

Dia 20 de Janeiro – **“Grab and Go” Almoço ao meio-dia** no Hudson Senior Center. O custo é \$5.00 por pessoa. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o pequeno almoço através da janela do carro. A pessoa não sai do carro. **Telefone para o Senior Center – 978-568-9638 a partir do dia 7 de Janeiro para reservar o seu lugar. Limitado a 50 pessoas.**

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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| 2 | | | | | | 8 | | |
| | 6 | | | 7 | | | 9 | |
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| | | | | | | | | |
| | 3 | | | 5 | | | 2 | |
| 4 | | 8 | 1 | | | 3 | | 9 |
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| 7 | | 6 | | | 9 | 8 | | 3 |
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January 2021

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

WORD LIST:

BALLOONS
 CELEBRATION
 CLOVERLEAF
 COMMUNITY
 FIREWORKS
 MIDNIGHT
 NEW YEAR
 PARTY
 PARTY FAVORS
 RESIDENT
 RINGING
 SLEET
 SNOW
 SNOWMAN
 VILLAGE
 YES

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: _____

TELEPHONE _____

EMAIL _____

TOTAL: _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____