

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



Hudson Senior Center

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

JULY

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
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Drivers

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

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

*Executive Office of Elder Affairs partially funds this newsletter.
Postage is paid by The Friends of Hudson Senior Center Inc.*

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.



Memorial Day 2021

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2021 at Hudson's Memorial Day ceremony.

Memorial Day is Personal. On this Memorial Day 2021 – our country's sacred occasion for national remembrance -- we stand here to bear witness for all who have been lost serving our nation over the 245 years of its history.

This is the 12th Memorial Day that I have been honored to remember those heroes who gave the ultimate sacrifice for our country. And, over the years, I have come to learn that Memorial Day is a very personal day of remembrance for many: it's a day to remember those lost on the battlefields of Europe, over the Pacific, and on the Korean Peninsula, in Vietnam, Afghanistan and Iraq.

Our lost heroes are husbands, daughters, fathers, and sons - loved ones who answered the call to duty and placed themselves willingly in harm's way for love of country, and of you.

And this year should be no different, but it is.

For we feel the pain of a nation reckoning with another loss - the lives cut short over the last twelve months from a pandemic, an invisible enemy. Let us stand and recognize the selfless, courageous fortitude of health-care workers, first responders, and many other essential workers - so many of whom were veterans - as they spent this year risking their lives on the front lines against this deadly virus.

We are hopeful that the end may be near. And while this victory won over a pandemic caused pain and suffering, and crushing loss, there was also teamwork, determination, and love. Our National Guard, medical professionals and public safety personnel joined together to fight for the lives of their fellow Americans.

Yes, Memorial Day is personal.

We mourn these losses, and we also lift our eyes to look to the future with hope for our country and with compassion for the families, friends and neighbors who've experienced the loss of loved ones. We hope for a brighter future while offering a prayer that their lives not be forgotten.

Today we honor those heroes who gave their last measure of duty and devotion. May we all come to realize that the hero sacrifices their future for ours. May we also realize that this is a sacred trust and a responsibility to commit to a town, a Commonwealth and a country worthy of a hero's sacrifice.

God bless Hudson. God bless the Commonwealth of Massachusetts and God bless America.

Contact Rep. Hogan: If you need assistance or would like to contact me, please call me at (617) 722-2600 or email me at Kate.Hogan@mahouse.gov. Please also visit my new Facebook page: www.facebook.com/RepKateHogan

Kate Hogan, State Representative
Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / Kate.Hogan@mahouse.gov
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Hello to Everyone,



We continue to gradually transition to fully re-open our center. Towards the end of June there was a change in CDC guidelines which I have listed below. As the pandemic restrictions lift, some fully vaccinated people are excited about not wearing a mask but others may choose to continue wearing masks in public places. This may be because of their own underlying medical conditions or concerns about variants and breakthrough infections. Although studies have shown that individuals with two doses of Pfizer or Moderna are 96% protected from hospitalization, The Hudson Senior Center is a Mask Friendly Facility. If you feel safer wearing a mask in our center, you are welcome to do so.

If you are FULLY Vaccinated:

An individual is fully vaccinated two weeks after their second dose in a two-dose series, such as the Pfizer or Moderna vaccines, or two weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

The following guidelines apply to those who are fully vaccinated:

- If you become symptomatic, get a COVID-19 test and wear a mask until receiving test results.
- Otherwise, you may resume all of the activities that you engaged in prior to the pandemic without wearing a mask or staying 6 feet apart, except where otherwise required by federal, state, or local laws, rules or regulations.

Masks are REQUIRED in the following settings/for the following workers:

- On public and private transportation
- Inside K-12 public schools, collaboratives, and approved special education schools
- Healthcare facilities
- Congregate care facilities
- Emergency shelter programs
- Houses of correction, Department of Correction prisons, jails, and other correctional facilities
- Health Care and Day Services and Programs
- Home health care workers

If you are NOT FULLY Vaccinated:

It is important that you continue to wear a face covering or mask to help prevent you from spreading COVID-19 to other people. People who show no symptoms of illness may still be able to spread COVID-19.

If you have not received your vaccine and need help doing so, the senior center staff is happy to assist you.

- During the month of July, we will not be offering lunch or coffee, but will have bottled water available. **(You may bring your own coffee).**
- When entering the Senior Center please use hand sanitizer that is in the entrance.
- **Masks are REQUIRED for everyone using our bus and in the center for those who are not fully vaccinated!**

The Senior Center will open at 8:30am for activities. Please refer to the calendar for July's activities and programs for times and days. If you are interested in participating in the July activities please call the center at 978-568-9638 to sign up. Bingo will return to our center in July. At this time our fitness classes will continue on zoom.

Reminder: The Center will be Closed on Monday, July 5th for the Holiday



Ice Cream Trip to Rota Spring Farms in Sterling

Wednesday, July 14th pick up time is 12:30pm only 14 people

Must wear a Mask on the bus. Call 978-568-9638 to sign up

There will be no Friends 4th of July cookout, but we do have a special...

Buffet Way special lunch Grab and Go

Friday, July 16th for a 12 noon pick up



Hot Italian marinated grilled boneless chicken, cole slaw, potato salad, buttered corn, bulky roll (on the side if you want to make a sandwich) and watermelon.

Cost to you is \$5.00 at pick up time, the senior center will pay the balance.

Please call 978-568-9638 for this delicious meal.

****Call beginning Wednesday, July 7th to reserve your spot****

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

Gates Pond Reservoir Loop meeting Monday, July 19th at 9:30 am.



Gary Durand has offered to take people on a hike at Gates Pond Reservoir Loop also known as the "Best Scenic Pond in Massachusetts". This will be a 2.4-mile easy hike. Please wear hiking boots or sneakers, comfortable clothing, hiking stick or ski pole if possible, water bottle and use insect repellent with DEET. Please call the senior center to sign up for this 978-568-9638 and we will give you directions.

Succulent Bird Cage

Thursday, July 22nd 12:00 noon pickup

An assortment of beautifully colored flowers, chosen by Bemis Farms, to brighten up your deck, porch and of course your spirits. Cost to you is \$10.00 and the senior center will pay the balance.



Grab and Go Lunch

Friday, July 23rd

Pick up time between 12-12:30pm

Stevie's Grab and Go Lunch is Chicken Bacon Ranch Sandwich and pasta salad. Cost is \$5.00

****Call beginning Wednesday, July 7th to reserve your spot****

Busing News:



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

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

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

- Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**
- Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**
- Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

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

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

Please contact Lisa Bazarian Gardner, CDP or Christine D'Angelo, CDP at 978-568-9638
Or email at lbbazarian@gmail.com for more information.



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

- A Special Evening with local Novelist Diane Barnes.



Thursday, July 22nd at 6:30pm at Hudson Public Library

Diane Barnes is the author of *Waiting for Ethan*, *Mixed Signals* and her newest book *More Than*, published in 2019. When she's not writing, she's at the gym, running or playing tennis, trying to burn off the ridiculous amounts of chocolate and ice cream she eats. She hopes you enjoy reading her books as much as she enjoyed writing them.

- Gallery in the Pines Art Exhibit at the Hudson Public Library from June 14th through August 31st

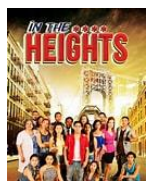
"Movie Days" at the Center

Here is the listing of movies for July. 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, July 12th & Tuesday, July 13th – *In The Heights*



A film version of Lin Manuel Miranda's (Hamilton) Broadway musical in which Usnavi, a sympathetic New York local store owner, saves every penny as he imagines and sings about a better life. Meanwhile, Nina, a childhood friend of Usnavi's, has returned to the neighborhood from her first year at college with surprising news for her parents, who have spent their life savings on building a better life for their daughter.

Rating: PG-13 Runtime: 2hr 23min

Monday, July 19th & Tuesday, July 20th – *Let Him Go*



Following the loss of their son, retired sheriff George Blackledge (Kevin Costner) and his wife Margaret (Diane Lane) leave their Montana ranch to rescue their young grandson. When they discover that he is in the clutches of a dangerous family living off the grid in the Dakotas, George and Margaret must fight for the survival of their family.

Rating: R Runtime: 1hr 54min



Genealogy Family Research with Charles Corley at the Senior Center Wednesday, July 21st 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!

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.

“VETS TALK” Returns



A program for Veterans
Please join us at the Senior Center

Thursday, July 8th and 22nd at 9am

Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind over coffee. 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.

Emerson Hospital offers
FREE PARKINSON'S VIRTUAL EDUCATION SESSIONS
Friday, July 9th and 23rd from 1-2pm

Emerson Hospital's July Parkinson's Disease Education registration is now open. We will be offering the below sessions for people with PD and their caregivers to attend, each will be approximately 1-hour long. Sessions will be available on July 9th and 23rd from 1-2 pm. All sessions are free of cost.

"Rock Steady Boxing and PD Plus" – Linda Holland, PT and Elizabeth Lyng, ACE CPT
"Exercise is medicine" is now a mantra for folks with PD. Exercise creates the brain environment for neuroplasticity. It boosts the activity of brain trophic factors, improves cell function leading to more energy and improvement of many symptoms of PD such as balance, mobility, depression, cognitive fog and sleep. Rock Steady Boxing was founded by Scott Newman, an Indianapolis DA who was diagnosed with Young Onset Parkinson's Disease at the age of 40. He was feeling tired, depressed and sad when his friend refused to let him go down without a fight and brought Scott to the gym where he started a boxer's training regimen. Scott felt better and better, so he hired a boxing instructor and asked others with PD to join him. In 2006 Rock Steady Boxing was born. There are now 871 Rock Steady Boxing programs around the world and over 43,000 participants. Come learn how Rock Steady Boxing, a non-contact boxing style fitness program, can help improve balance, strength, flexibility, coordination, agility and power in those with PD.

"Everyday Mindfulness for People and Families Living with PD"– Brenda Lovette, MS, CCC-SLP
Mindfulness meditation has been shown to help with mood, sleep/fatigue, cognitive function, and overall wellbeing, particularly for people with PD. There are many misconceptions about mindfulness and meditation. In reality, techniques can be simple, accessible, and enjoyable. Sharing mindful moments is a wonderful way to connect with friends and loved ones as well. Join us for this interactive workshop. We will review the evidence and rationale for mindfulness to support nervous system and brain health and discuss ways to bring simple and powerful mindfulness practices into everyday life.

Please visit us at www.emersonhospital.org/parkinsons to register for the July PD Education Sessions.

Money Management Program:



BayPath Elder Services, Inc.

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



Upcoming AARP Zoom Events for Massachusetts

The American Revolution: More to the Story Than You Learned in School

Tuesday, Jul 6, 2021

From 11:50am to 1:15pm ET

Virtual Event Online

REGISTER: aarp.org/OLLI-Maso

This presentation will examine topics and personalities such as the Boston Massacre, Paul Revere's ride, Benedict Arnold and the Battle of Valcour Island, providing the story behind the story. Join AARP Virginia, Osher Lifelong Learning Institute at George Mason University (OLLI-Mason), and attendees from across the U.S. for a complimentary virtual class. AARP membership not required. OLLI-Mason provides intellectual and cultural experiences in a welcoming atmosphere to Northern Virginia residents in their retirement years. AARP Virginia is excited to collaborate with them to provide a sampling of their Summer semester!

The American Revolution is full of fascinating events and personalities such as the Declaration of Independence and George Washington crossing the Delaware. Often, we have just a superficial knowledge of these events and people but when presented with more detail, they become even more intriguing and better understood. This presentation will examine multiple topics and personalities such as the Boston Massacre, Paul Revere's ride, Benedict Arnold and the Battle of Valcour Island, providing the story behind the story, placing them in context, and correcting misconceptions, which will enhance and perhaps even change one's understanding of what occurred.

Blane Amptor is a federal government employee with more than 35 years of service. A Philadelphia native, he has had a lifelong interest in history - particularly World War II, ocean liners and the American Revolution.

Six Pillars of Brain Health

Thursday, Jul 8, 2021

From 6:30pm to 7:30pm ET

Zoom | Link Will Be Provided before the event

REGISTER <https://local.aarp.org/vcc-event/aarp-six-pillars-of-brain-health-6znvy5k9sqq.html>

Contact: [Kris Ritualo](#)

In this interactive session you will learn about the six pillars of brain health and activities that help support brain health. Join AARP California and attendees from across the U.S. for a free virtual event. AARP membership not required

It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully, be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

Hudson Farmers' Market



Tuesdays 3:30pm- 6:30pm

Where: Hudson Town Hall Drive

Not Vaccinated? Please wear a Mask! Rain or Shine

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS



Elder Law with Frank and Mary

by Arthur P. Bergeron

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

TAKING CARE OF THE KIDS AFTER YOU DIE

I spend a lot of time helping my clients, like my friends Frank and Mary, with planning to ensure that they do not run out of money before they die. But what about planning for their children after both parents die? While you should definitely talk to your elder law attorney before making these plans, here are a few suggestions:

- **Give away your “stuff” before you die.** Most children have no use for most of the tangible personal property (the stuff in and around the house) that people own when they die. If there are treasured items like artwork, jewelry, or family photographs, consider giving them to your loved ones before you die. That way, you get to hear “thank you.” You can also leave a list of things you want to go to particular people. If you refer to that list in your Will, it will be legally binding.
- **For any child who has a unique circumstance, leave that child’s share in trust.** Does one of your children have a creditor problem (such as old student loans or tax issues)? Does one have a disability or need to qualify for a government program like MassHealth, SSI, or various government housing programs? Does one have a marital problem you think may lead to divorce? Does your child have a large estate that could be taxable when the child dies? By leaving that child’s share in trust for the child’s own benefit, you may have a better chance at making sure they benefit from your generosity while protecting those assets from the hands of others.
- **Are you leaving any asset (such as bank accounts) in your name jointly with one of your children?** Under the law, the account will belong to the surviving child, but what if you want all children to share in the account? Make it clear in your Will how those accounts should be handled following your death. These accounts are the most common sources of post-death “family feuds” because the deceased did not provide that kind of clarity.
- **Are you leaving assets in unequal shares to your children? Do you expect there may be arguments after you die? Consider a trust to avoid probate.** If you are expecting that there will be disagreements among your children after you die, you can avoid the probate process by putting your assets into a revocable and amendable trust. This will allow you to keep things under your control while you are still living. You can name yourself as trustee and your most trusted child (or a third party) as your successor trustee. Not only will you avoid the time and expense of the probate process; the fighting may get resolved a lot more quickly too.

For more information on leaving assets to your children and grandchildren, watch this month’s elder law virtual seminar, which can be watched on Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com



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

Attorney Bergeron will be available for private 15-minute sessions 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

Message from the Friends...

Next Friends Meeting: Tuesday, July 6th at 9:30am

The Hudson Senior Center will slowly reopen and begin to bring back activities! It's time for the Friends of the Hudson Senior Center to get back to planning events to raise funds for our center.

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

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

We are reaching out to Hudson and surrounding area residents in an effort to garner participation in and attendance at our monthly meetings.

Over 900 Hudson and surrounding area residents pay yearly dues to become a member, but there are only 8-15 at Friends meeting. Even this number is declining as our members age.

Unknown to many is that there is no age requirement to be a Friend. We are in need of new ideas and new faces at our meetings.

Meetings last less than an hour and commitments are not time consuming on a long-term basis.

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.

Our first meeting in the reopening process will be July 6th 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.



Painting Classes

Open Painting Studio: Tuesdays at 10am -12pm in the craft room.



Hudson Senior Center Gift Shoppe

Thursdays 9:30am until 12:30pm

Volunteer Help Wanted in the Gift Shoppe
Please leave your contact info at the front desk



**Bridge is Back on Tuesdays
only at 9:30am**

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!

Come join us on
Games start at 1pm on Wednesdays!



OUTREACH



Senior Safe

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

REMINDER

Due to Covid, a lot of programs over the past year or so have delayed sending renewal paperwork for different assistance programs. Some of these programs may include SNAP (Supplemental Nutrition Assistance Program) and Mass Health Eligibility Review forms. They have now started sending reviews and recertifications since the Pandemic ended. PLEASE do not ignore these letters and renewal forms should you get them in the mail. By doing so, you may lose benefits if you don't send in the necessary paperwork that they are requesting by the stated due date. If you receive a letter in the mail that you don't understand, we are more than happy to look at this to see if follow up is needed.

SMOC Fuel assistance is still processing applications received during the season which was November 1-April 30th (with extended deadline of May 28). Please be patient as it is taking time for applications to be processed and approved this year. They are still sending out incomplete letters so do not ignore sending back requested documentation before the deadline in the letter. If you still haven't heard back about your eligibility, or haven't received any payments on your account, we will be happy to look into this for you. Renewal forms for NEXT heating season will be sent out in late summer/early fall for the 2021/2022 heating season and we will schedule appointments accordingly to assist with the renewals at that time.

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



DICAS DE SEGURANÇA DE VERÃO PARA OS IDOSOS

Os dias quentes de verão estão a chegar. O verão traz com ele alguns perigos para os idosos. Aqui estão algumas dicas para ajudar os idosos durante o tempo quente de verão:

- 1) **Beba bastante água.** O calor pode desidratá-lo rapidamente, por isso é importante beber bastante água durante o dia.
- 2) **Proteja a sua pele.** Use protetor solar quando estiver fora por um período prolongado durante o dia.
- 3) **Limite a sua atividade física e exercício.** Faça pausas regulares quando possível se tem que trabalhar ao ar livre e limite o exercício e atividade física durante o dia.
- 4) **Faça pausas frequentes para esfriar.** Quando passar muito tempo na rua no sol, é importante tomar pausas para permitir o seu corpo tempo para esfriar num local fresco.

DATAS IMPORTANTES

Dia 5 de Julho – O Senior Center estará fechado devido ao feriado do 4 de Julho (4th of July).

Dia 6 de Julho – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 14 de Julho – Passeio ao Rota Spring Farms em Sterling, MA para comprar gelado às 12:30 da tarde no nosso autocarro. **O passeio é limitado a 14 pessoas. As pessoas tem que usar mascar no autocarro.**

Telefone para o Hudson Senior Center para reservar o seu lugar.

Dia 16 de Julho – “Grab and Go” Almoço especial do “Buffet Way” 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 almoço através da janela do carro. A pessoa não sai do carro. **Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 7 de Julho para reservar o seu almoço.**

Dia 22 de Julho – “Grab and Go Kit” – Vaso de Flores do “Bemis Farms” ao meio-dia no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$10.00.

Dia 23 de Julho – “Grab and Go” Almoço ao meio-dia no Hudson Senior Center. O custo é \$5.00 por pessoa. **Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 7 de Julho para reservar o seu almoço.**

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

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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Independence Day

July 4th



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

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION

PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED





Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			08:30a Library 09:00a Billiards 09:00a Quilting 9-11am 11:30a DayBreak 12:00p Mah Jong	08:30a Cribbage 08:30a Library 09:00a Billiards 09:00a Quilting 9-11am
5	6	7	8	9
08:00a CENTER CLOSED	08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Bridge 09:30a Friends Meeting 10:00a Open Paint Studio	08:30a Cribbage 08:30a Library 09:00a Billiards 01:00p Bingo 01:00p COA Brd Mting	08:30a Library 09:00a Billiards 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 12:00p Mah Jong	08:00a Library 08:30a Cribbage 09:00a Billiards 09:00a Quilting 9-11am 12:15p Scrabble
12	13	14	15	16
08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Bridge 10:00a Open Paint Studio 12:30p Movie Day	08:30a Cribbage 08:30a Library 09:00a Billiards 12:30p Ice cream trip 01:00p Bingo	08:30a Library 09:00a Billiards 09:00a Quilting 9-11am 09:30a Gift Shop 11:30a DayBreak 12:00p Mah Jong	08:00a Library 08:30a Cribbage 09:00a Billiards 09:00a Quilting 9-11am 12:00p Buffet Way Lunch 12:15p Scrabble
19	20	21	22	23
08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Hiking Trip 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Bridge 10:00a Open Paint Studio 12:30p Movie Day	08:30a Cribbage 08:30a Library 09:00a Billiards 10:30a Genealogy 01:00p Bingo	08:30a Library 09:00a Billiards 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 11:30a DayBreak 12:00p Bemis Farms 12:00p Mah Jong	08:00a Library 08:30a Cribbage 09:00a Billiards 09:00a Quilting 9-11am 12:00p Grab and Go Lunch (1) 12:15p Scrabble
26	27	28	29	30
08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Knit and crochet 12:00p Mah Jong	08:30a Cribbage 08:30a Library 09:00a Billiards 09:30a Bridge 10:00a Open Paint Studio 01:00p Chess	08:30a Cribbage 08:30a Library 09:00a Billiards 01:00p Bingo	08:30a Library 09:00a Billiards 09:00a Quilting 9-11am 09:30a Gift Shop 11:30a DayBreak 12:00p Mah Jong	08:00a Library 08:30a Cribbage 09:00a Billiards 09:00a Quilting 9-11am 12:15p Scrabble