

**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

JULY

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, Bingo and much more.

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 **(No Meeting in July & Aug)**

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

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

July 2022

STATE REP. KATE HOGAN'S SENIOR NEWS



Memorial Day 2022

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2022 at Hudson's Memorial Day ceremony.

Every year, on Memorial Day, America pays homage to all those, in the armed forces, who fought and died to protect our freedom. These are our Heroes who didn't make it home. On Memorial Day we also remember that these heroes and heroes were fathers, husbands, mothers, wives, sons, daughters, brothers and sisters who answered a call to serve and defend their country. And we remember those Gold Star families whose sacrifice is almost too much to bear.

These heroes and their families show us the true meaning of character, integrity, and courage. These brave men and women embody the best of our people since the fight for independence began. But, we must always remember, they were, each, cherished loved ones.

And our fallen heroes and their families remain our responsibility as an American Family. If we love our country, we must love and honor our heroes - and care for their families. And, it is Memorial Day that highlights our responsibility to our nation in sending our young men and women off to fight and die, often far from home.

As American citizens, do we value character and integrity above all else; are we a people with the courage to reach across our differences to fix what is broken and build what is needed for a better tomorrow?

Let us take a moment to recognize that while there are issues that have created the illusion of division, the truth is, Americans share the common dream of living our lives in freedom and liberty - all made possible through the last measure of devotion of our fallen heroes in the armed forces.

They are the soul of our nation. And, yes, it is what they teach us about character, integrity, and courage that we are grateful for today. This is what we remember and will never forget. God Bless our fallen heroes. God Bless Hudson and our Commonwealth. God Bless America that has given us such heroes as these.

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Phone: (617) 722-2600

Facebook: [facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

Email: Kate.Hogan@MAhouse.gov

Twitter: [@repkatehogan](https://twitter.com/repkatehogan)

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

Upcoming Office Hours: July 12th, 6-7 pm at Randall Library in Stow

Hello to Everyone



Happy July 4th! I hope you all have a fun and safe 4th. We would like to thank our Friends Organization for attending the Hudson Fest representing the Friends and the Senior Center. The Senior Center's quilting group donated a beautiful quilt to raffle at the Fest and the Friends made well over \$100.00. Thank you to our talented quilters! The quilt is on display in our lobby and anyone can buy a raffle ticket. The drawing will be at the Friends cookout on Friday, July 15th. Our Friends Organization is having their cookout this month at the Marlborough Fish and Game and we are hoping for good weather!

BayPath and Springwell have merged to serve you better

Many of you may already know that Springwell Elder Services and BayPath Elder Services have merged and now BayPath will be called Springwell Elder Services. Why is this merger happening? It has gotten harder for smaller organizations like BayPath and Springwell to offer the services you depend on. Combining gives them more capacity to do a better job of helping you. Please read Springwell Elder Services note below.

BayPath and Springwell, two of Massachusetts' non-profit Aging Service Access Points (ASAPs) and Area Agencies on Aging (AAAs) merged on July 1, 2022. ASAPs and AAAs coordinate and offer services that help older adults live and age in the community. These services make it possible for older adults to get the help they might need to continue living in the home setting that suits them best--things like home-delivered meals, personal care assistance, and homemaking. Since 1977, BayPath has served the communities of Marlborough, Ashland, Holliston, Hopkinton, Dover, Sherborn, Natick, Framingham, Wayland, Sudbury, Hudson, Northborough, Southborough, and Westborough. Springwell has served Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley, and Weston. The combined organization will be known as Springwell and will serve all twenty-two communities.

The new Springwell will offer the same services, from the same staff, out of the same offices in Marlborough and Waltham. The new Springwell, as a bigger organization, will have more resources to provide the services individuals have come to count on. If you have been receiving services from BayPath or Springwell, your care manager is available to answer any questions you may have. If you aren't familiar with BayPath or Springwell, and you are an older adult or a caregiver of someone who might benefit from some support to help you continue living in your home, we look forward to getting to know you.

Please contact us at: 617- 926-4100 or inforef@springwell.com

Lunches at the Center

We plan on starting cold and hot lunches at the senior center for Wednesdays and Thursdays starting Wednesday July 20th. You must call ahead to so they can order the food.

Wednesday, July 20th

Cold Menu: mixed green salad with salmon, roasted vegetables and tangy 4 bean salad

Hot Menu: meatballs with marinara, grinder roll, seasoned potato wedges, spinach and fruit cup.

Thursday, July 21

Cold Menu: chicken Caesar salad, Italian pasta salad and pineapple

Hot Menu: beef stew, brussels sprouts, corn muffin and fresh fruit.

Wed. July 27th

Cold Menu: sliced turkey breast, quinoa w/roasted veggies, sesame cucumber salad

Hot Menu: pulled pork sandwich with BBQ sauce, whole wheat bun, baked beans, California blend vegetable and fresh fruit

Thursday, July 28th

Cold Menu: tortellini and turkey salad, beet and onion salad and broccoli salad

Hot Menu: cheese omelet with chicken sausage patty and spinach, seasoned home fries, whole wheat dinner roll, fresh fruit

Also, the Hudson Health Department has called us inquiring about seniors getting their Shingles Vaccine. As many of you know, the Shingles Vaccine is covered under your Medicare Part D Prescription Drug Plan. In most cases the Shingles Vaccine is a tier 3 medication which is more expensive and is subject to your Prescription Drug Plan deductible which can be up to \$480.00 per year. This means that if you have not met your deductible, you can be charged the full amount of the Shingles Vaccine. If you have met your deductible, then your prescription drug plan will only charge you the copay for whatever tier the vaccine is classified under your drug plan. (If you are in the gap or donut hole, pricing may vary)

The Hudson Health Department has put together a survey to see if cost is a deterrent in getting the vaccine or is it the lack of awareness of the benefits the vaccine provides. The health department is considering expanding their current vaccine offerings to include the SHINGRIX vaccine. This vaccine is recommended for adults 50+ that have had chicken pox in the past to prevent the chance of having shingles. Shingles is a painful skin rash caused by the same virus as chickenpox

Please fill out the survey in this newsletter and bring it to the Hudson Health Department located at Town Hall or to the Hudson Senior Center and we will bring it to them. The hope is to have a Shingrix vaccine clinic in the future. I have included a chart listing some vaccines, showing how they are covered under Medicare Part B, Medicare Advantage or Medicare Part D.

Type of Vaccine	Covered by Medicare Part B?	Covered by Medicare Advantage?	Covered by Medicare Part D?
Chicken pox (varicella)		✓	✓
COVID-19	✓		
Flu	✓		
Hepatitis A (when medically necessary)		✓	✓
Hepatitis B (if at increased risk)	✓		
Measles, mumps, rubella (MMR)		✓	✓
Meningococcal (meningitis)		✓	✓
Pneumococcal (pneumonia)	✓		
Shingles/herpes zoster		✓	✓
Tetanus (if needed)	✓		
Tdap (tetanus, diphtheria, and pertussis [also called whooping cough])		✓	✓

Important Reminders:

Hope you are enjoying your summer! During those hot and humid days, please come to the senior center and cool off. We are happy to have you and there is always something to do! If you need a ride, just call the center on the day before.



- **The Center will be Closed Monday, July 4th for the Holiday**
- **The Center will be Closed Friday, July 15th for the Friends Annual Cookout**
- **No Transportation on Friday, July 15th ~ transportation for the Cookout ONLY**

Please Call during Senior Center hours to sign up for activities and events

~Janice



Bemis Farms Returns for another Floral Craft Topiary Turtle

Tuesday, July 26th at 1:00 pm

Cost to you is \$15.00 the senior center will sponsor the balance.
Limit of 25 people.

"What Can I Do About Climate Change?"

Tuesday, July 26th at 11:00am

With Tina Grosowsky

Call 978-568-9638 to sign up and enjoy light refreshments and conversation!

Please join us on Tuesday, July 26 at 11:00am at the Hudson Senior Center for an in-person presentation from Elders Climate Action Mass and Green Hudson on understanding the causes and consequences of global warming. We will discuss what solutions we can engage in personally, in our community and at a state and national level to reduce greenhouse gas emissions and create a planet where all life continues to thrive.

Elders Climate Action Mass website: www.ecamass.org



Grab and Go Lunch with Stevie's Wednesday, July 27th

Pick up time is at 11:30am at the Senior Center

Lunch includes turkey, cheese, lettuce and tomato on a soft roll with fruit cup and chips

Cost is \$5.00

****Call beginning Wednesday, July 6th to reserve your spot****



FREE ICE CREAM SOCIAL

Tuesday, July 19th at 1PM at the Senior Center

Join us for ice cream and toppings.

You can socialize on our deck or inside.



You must sign up for this ahead of time. Signups start Wednesday, July 6th Max of 40 guests

A new Fitness Class will be offered in September....

New Mat Pilates to start on Thursday, September 8, 2022 at 9:00am

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance. This class is for those who are not limited to getting on and up from the floor. Beginners are welcome. Be prepared to work hard and have fun doing it! Guaranteed to improve core strength and posture after a month of consistent practice. Taught by Jennifer Davidson, Licensed massage therapist, Pilates and yoga certified instructor.



**Learn about the New Public Transit in Hudson
Friday, July 8th at 11:00 am at the Hudson Senior Center**

Jon Fetherston, Manager of Travel Training & Community Relations for the MetroWest Regional Transit Authority will talk about how to access the new Catch Connect transit service now being offered in Hudson on Saturdays from 8 am till 4:45pm. This new service will operate anywhere within the Town of Hudson and select destinations in Marlborough. **Call to sign up and learn about this great new service in Town. We will have light refreshments and Jon will have some surprise “giveaways”.**

**A new monthly Caregivers Support Group at the Hudson Senior Center
Thursday, July 14th at 1pm-2pm**

Hi, my name is Alex O'Hare and I am the community social worker for the Town of Hudson. Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. A monthly Caregivers Support Group will be at the senior center, **the second Thursday every month.** This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones. Call the senior center today to reserve a spot with this group. Thank you, I look forward to hearing from you.



**Hiking Club with Gary & Rocky
Bolton Lime Quarry and Kiln
179 Main Street in Bolton
Wednesday, July 20th at 9:30 am**

Join Gary, Rocky and Diane for another fun hike on

Wednesday, July 20th at 9:30am at the Bolton Lime Quarry and Kiln on 179 Main Street in Bolton.

Directions: Heading towards Stow on 117 / Main Street go past Slaters restaurant approx. 1 mile on left there is a small gravel parking lot with Brown sign "Bolton Lime Quarry "in parking lot. If you come to Bolton Spring farm and orchard on left you went too far. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!



Wood Park Summer Concert Schedule

When: Wednesdays at 6:30pm

Location: Wood Park - 65 Park Street, Hudson

June 22nd - Trak Down - www.facebook.com/trakdownband

July 6th - The Workingmans' Band - www.workingmansmusic.com

July 20th - The Keith Jacques Experience - www.keithjacques.com

August 3rd - Knock on Wood - www.howienewman/knockonwood

August 17th - Retro Polatin - www.retropolatin.com



Downtown Music Series

When: Thursday and Saturday from 4:30PM to 7:30PM (late May to October)

Location: in front of the Town Hall

Downtown Music Series is sponsored by the Hudson Downtown Business Improvement District. Come down and listen to some great music while you shop at all the wonderful stores, visit the terrific service shops and dine at the fantastic restaurants.

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights- Select Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people)
- **Stress Reduction with Qigong Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:30am**
- **Stretch class with Sharon -Select Thursdays 10:15 -11:00am**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class 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.

(The class will be limited to 20 people)

Online 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 Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**

This 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.

- **Zoom Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Zoom Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**
This class will no longer be offered after July
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**

Reminder: No Class on Monday, July 4th due to the Holiday.

Hudson Senior Center Trips 2022



**Thursday, July 21st Icons & Legends Concert The Ultimate Tribute Show Fosters
Lobsterbake** *Waitlist Only** Price: \$99.00pp

Friday, July 29th The Charles River Architecture Cruise ****FULL****

2-hour architecture cruise along the Charles River and Boston Harbor with a very interesting narration of the most historic sights of Boston and Cambridge. Then enjoy a delicious luncheon, including your choice of entrée, a slice of scrumptious cheesecake and a beverage at the Cheesecake Factory. *Waitlist Only** **Price: \$65.00pp**

Tuesday, August 23rd Encore Casino ****FULL****

Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. With world class art and entertainment, Encore raises the bar! You will receive a Casino Bonus of \$20.00 Slot Play on arrival. Good luck to all! *Waitlist Only** **Price: \$35.00pp**

Tuesday, September 20th Shades of Buble- A Three Man Tribute to Michael Buble!

A Three-Man Tribute to Michael Bublé brings the swinging standards and pop hits of Michael Bublé to the stage in an unforgettable high-energy concert event. This world-class tribute act honors the sophistication, retro style, and high-energy fun that Bublé himself brings to his concerts while engaging diehard fans with thrilling new three-part vocal arrangements. Enjoy the big-band standards from the jazz era, classic hits from the 50s/60s/70s, as well as Billboard chart toppers from today. Plated Luncheon Meal: Stuffed Breast of Chicken or Baked Schrod - Also Included: Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea at Danversport- Danvers, MA

Price: \$99.00pp

Tuesday, October 25th The British Invasion Years

Danversport- Danvers, MA. More than just the Beatles, this nostalgic musical retrospective spans the entire first wave of the British Invasion era. The first half of the show is the British Invasion featuring chart toppers by the iconic British groups such as The Zombies, Dave Clark Five, The Rolling Stones, The Hollies, Herman's Hermits, and many others. The second half of the show features the American Response, with the biggest hits by legendary artists like The Monkees, Simon & Garfunkel, The Beach Boys, The Mamas and The Papas, to name just a few. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

No Refunds for cancellations after 10/13/22

Price: \$99.00pp

Wednesday, November 16th The Beat Goes On! ~Cher Tribute Show

The Number # 1 Cher Tribute Show in the world! We welcome to our stage Cher tribute artist /Cher impersonator (sing-alike, look-alike, walk-alike, talk-alike,) Lisa McClowry. Lisa is an accomplished singer and stage actor whose voice has appeared in major motion pictures, international commercials for radio and TV with numerous critically acclaimed original albums, as well as theatrical stage performances including dramatic, musical and comedic lead roles. Not only is Lisa a well-known singer, but respected as the most authentic and well-rounded CHER tribute artist capturing Cher's singing voice, look, walk, talk and mannerisms. Plated Luncheon Meal: Thanksgiving Dinner with the Fixings and Side or Vegetable Lasagna, Dessert, Coffee/Tea at Danversport- Danvers, MA

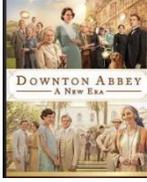
Price: \$99.00pp

“Movie Day” at the Center



Here is the listing for the movies in 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 11th & Tuesday, July 12th – *Downton Abbey*



Violet, the Dowager Countess of Grantham (Maggie Smith) inherits a villa in the South of France from an old friend and decides to leave it to Sybil and Tom's daughter Sibbie, because she's the only one of her great-grandchildren whose future isn't secure. Meanwhile, a filmmaker (Hugh Dancy) gets permission from Mary (Michelle Dockery) to shoot a moving picture at Downton Abbey.

Rating: PG Runtime: 2hr 5min

Monday, July 25th & Friday, July 29th – *Cyrano*



In this re-imagining of the timeless tale of a heartbreaking love triangle, a man ahead of his time, Cyrano de Bergerac (Peter Dinklage) dazzles, whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxanne (Haley Bennett), Cyrano has yet to declare his feelings for her and Roxanne has fallen in love, at first sight, with Christian (Kelvin Harrison, Jr.).

Rating: PG-13 Runtime: 2hr 3min



“VETS TALK” A program for Veterans

Thursday, July 7th, 14th & 21st at 9am

Every Thursday except the 4th 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.

What to Know About Traveling With Medicare

Are you planning to travel abroad? Here is some important information from Medicare:

Before you go, remember to look into [your](#) Medicare coverage outside the United States.

If you have Medicare Part A (Hospital Insurance) and Part B (Medical Insurance), your health care services and supplies are covered when you're in the U.S. However, in general, Medicare won't pay for health care services or supplies if you travel outside the U.S. ([except in rare cases](#)).

Here are 3 ways you can get health coverage outside the U.S.:

1. If you have a Medigap policy, [check your policy](#) to see if it includes coverage when traveling outside the U.S.
2. If you have another Medicare health plan (like an HMO, PPO, or retiree plan), check with your plan to see if it offers coverage outside the U.S. (call the customer service phone number on the back of your health insurance card)
3. You can purchase a travel insurance policy that includes health coverage.

If you do have coverage, make sure you know how it works. You may need to pay first, and get the bill translated, before submitting a claim for reimbursement.

Message from the Friends...

Next Friends Meeting: Tuesday, July 12th at 9:30am

Please attend if you are able. The Friends are looking for some volunteers. All are welcome!

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.



The Friends' Annual Summer Cookout
Friday, July 15th at 11am
the Marlborough Fish and Game Club
1 Muddy Ln, Marlborough, MA 01752



Please do not forget to sign up for our annual summer cookout. Burgers, hotdogs, potato salad, baked beans and more! It will be fun as usual. Cost \$3.00.

Limited tickets still available. Must purchase by Friday, July 8th

****There will be bussing only for the Cookout on this day. Center will be Closed.***

You can reserve your spot on the bus any time before Thursday, July 14th *

Transportation News...



Food Shopping Day : 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



Hudson Farmers' Market

Dates: June 14- September 27

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS



SCAM ALERT:

Some Hudson Light & Power customers have again been contacted and told that they will be shut off if they do not pay their bill. The scammers are asking customers to go and buy prepaid cash cards so that their power will not be terminated. **THIS IS A SCAM.** If you ever have a doubt about your bill please call HLP directly at 978-568-8736 during regular business hours. Please notify any friends or family members so they are not victims of these kinds of thefts.



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.*

PLANNING TO HELP YOUR CHILDREN (AND GRANDCHILDREN)

Most people want their assets to stay in the family and go to their children and grandchildren when they die. However, many families are more complicated. The goal of any good estate plan is to deal with these complications.

While you should talk to your elder law attorney about the details, here are a few quick pointers to help you think about common problems and how to solve them.

- **LEAVING MONEY TO YOUR DISABLED CHILD.** To avoid issues in qualifying for government benefits, consider leaving assets in trust for the benefit of your disabled child. If you are considering this option:
 - Remember that Social Security Disability Income (SSDI) is not “means” based, so leaving your child assets will not interfere with your child’s SSDI benefits.
 - Try to avoid conflict situations, which could happen if the trustee or trustee’s children were entitled to assets remaining upon the death of the disabled child.
- **LEAVING MONEY TO GRANDCHILDREN (OR IN TRUST FOR THEM).** If you are tempted to leave money to your grandchildren, or in trust for them, especially to cover their educational expenses, remember that you may be inadvertently making a gift to your grandchild’s college. These funds are typically reportable on student financial aid forms and will often be subtracted dollar-for-dollar from a child’s student aid package.
- **DEALING WITH A TROUBLESOME SON-IN-LAW OR DAUGHTER-IN-LAW.** If you anticipate issues with the spouse of your child, you may want to consider the following:
 - In the situation where your child has predeceased you leaving children, you may want to hold all assets in a trust for the benefit of younger grandchildren. Be sure to designate a person you trust as the trustee.

A trust for the benefit of your child may also be helpful (even if your child is alive and still married) if you are concerned that your child’s marriage may be foundering. It is always a good idea to consult with a family law attorney (or have your elder law attorney do so), to make sure that the trustee’s discretion is sufficiently constrained so that a judge in a later divorce proceeding will not be able to count the trust assets in dividing the “marital” assets. The list of potential issues could go on and on. Work with your attorney to develop the best plan for your situation to address concerns head-on. Your attorney will also let you know who else needs to be included in the conversation. For more information, visit Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast Channel 8; Verizon Channel 47), along with “Frank and Mary in Hudson,” where I address common issues facing seniors and available resources. If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



15-minute Legal Advice with Attorney Arthur Bergeron

Wednesday, July 13th from 1pm to 3pm by appointment only

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center the second Wednesday of the month. 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 at 978-568-9638

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



Genealogy Family Research with Charles Corley at the Senior Center Wednesday, July 20th at 10:30am

(No Meeting in August)

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

Knit and Crochet Wednesdays at 9:30am

Come to the Center and meet some talented ladies! Share your talent and ideas!

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

Hudson Silver Threads are a wonderful group of women who are fun, warm and friendly. 😊

CRIBBAGE

Mon, Tues, Wed & Friday 8:30-11:11:30am

BRIDGE

Tuesday & Friday 1pm-3pm



PM CARDS

Canasta Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up



Open Painting Studio
No Painting this Summer.
Will Return in September!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players!

Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

Come play on our 2 beautiful tables! Monday-Friday 8:30-3:30



Hudson Senior Center Gift

Shoppe

Thursdays 9:30am - 12:30pm

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



As we get older our abilities to do things and take care of things can change. This includes being able to take care of our house, the yard, and all that goes along with owning a home. If you think that it is getting more difficult to remain in your home, and want options to downsize, or even move where you can get a bit more hands on assistance, we can help!

There are different types of housing that seniors can obtain. They can live in their own private home, but maybe the size of the home is getting to be too much to maintain. If you are still independent and can function in the home on your own (or with services as well) you can look into subsidized housing (this type of housing does have income guidelines). There are also 55+ communities, mobile home parks, senior apartments and more, that may be accommodating for a senior who is still very much independent but may want to downsize from their private home. There are also independent living facilities where you have your own apartment and live independently but all of your meals are prepared for you there.

Maybe you require a bit more assistance and are unable to live on your own, but don't require full hands on assistance. There are Assisted Living facilities that you may be interested in. Assisted Living facilities prepare all meals, offer assistance with personal needs (showering, medication management for example) as well as housekeeping assistance.

Lastly, Nursing Home facilities are available for those that are incapable of living on their own or require more care than the Assisted Living is able to provide. Nursing homes provide full hands on assistance to residents.

Ana and I are constantly visiting new facilities in the surrounding area. We have gone to facilities in Marlborough, Sudbury, Northborough, Westborough, and even as far as Shrewsbury. We are constantly looking to expand our horizons with information regarding options for our seniors. If you have visited a facility or have heard of a new facility coming to our area, please don't hesitate to let us know! We love visiting new places and love adding to our collection of resources! You can reach us at 978-568-9638.

Attention Caregivers!

Just as a reminder, there is a great resource available for Caregivers. Baypath Elder Services, Inc. has a great website that can be very useful (and was made possible in part by grants from the MetroWest Health Foundation.) This "Caregiving Metrowest" site allows caregivers to learn of resources available in the Metrowest Region. It covers 25 different towns in the Metrowest area, which includes Hudson. It has an abundance of information ranging from how to develop a care plan, information about Social Security, tips for long distance caregiving, even resources and information about medical conditions. One can learn about financial/legal planning, government agencies and assistance programs people can apply to, you can even learn about health and home safety. This is just a portion of what is available on this website! There are also blogs where there is information updated regularly; which can include new support groups, new topics of concern for caregivers, as well as different events that are held at the local Senior Agencies in the area.

This website can be found at: <http://www.caregivingmetrowest.org/>

Check it out!!

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. 19.

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

Dia 6 de Julho – Palestra grátis em Português à 1:00 da tarde com Dr. Peltó sobre como cuidar dos seus pés. Limitado a 25 pessoas. Telefone para Ana Terra-Salomão, 978-568-9638 x 476 para reservar o seu lugar.

Dia 12 de Julho – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 13 de Julho – 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.

Dia 15 de Julho – Picnic Anual dos Amigos do Senior Center das 11:00 da manhã até às 2:00 da tarde. O picnic terá lugar no “Marlboro Fish and Game Club” em Marlboro. O custo é \$3.00 por pessoa. O Hudson Senior Center estará fechado nesse dia. Bilhetes limitados a venda no Senior Center.

Dia 19 de Julho - Gelado grátis à 1:00 da tarde. Telefone a partir do dia 6 de Julho para reservar o seu lugar. Limitado a 40 pessoas.

Dia 26 de Julho – “Floral Craft” do “Bemis Farms” a 1:00 da tarde no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$15.00. Limitado a 25 pessoas.

Dia 27 de Julho – “Grab and Go” Almoço às 11:30 da manhã do “Stevie’s em Hudson” no Hudson Senior Center. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 6 de Julho para reservar o seu almoço.

QUERO LEMBRAR A TODOS OS CLIENTES QUE NÃO VOU ESTAR NO ESCRITÓRIO DESE DO DIA 20 DE JULHO ATÉ O DIA 5 DE AGOSTO DE 2022.

I WOULD LIKE TO REMIND ALL CLIENTS THAT I WILL BE ON VACATION FROM JULY 20 to AUGUST 5, 2022.

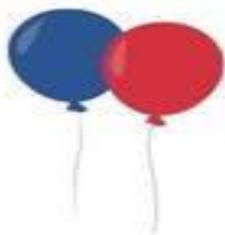
NOTE: THIS PAGE IS BEING TRANSLATED FOR NON-ENGLISH SPEAKING SENIORS AND IS THE SAME INFORMATION FOUND IN THE NEWSLETTER FOR ALL SENIORS!

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4th of July Word Search

F O U R T H A U N I T E D S O
R R E F I R E W O R K S Y B D
E I E P A R A D E R W H I R A
E B E V A S F L A T G A T I T
N B L E O L U L I B E R E T H
A S D E C L A R A T I O N A I
T A U C D J U L Y G J U E I R
I M E M R E O T O A N M A N T
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AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE



Monday	Tuesday	Wednesday	Thursday	Friday
				1
08:00a CENTER CLOSED	4 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Zoom Chair Pilates 01:00p Bridge	5 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 12:00p PM Cards 12:30p Bingo 01:00p Portuguese Health Presentation	6 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 10:15a Stretch break 10:15a Stretch Break Zoom 01:00p Parkinsons Exer. pm	7 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 11:00a New Public Transit 12:15p Scrabble 01:00p Bridge
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:30p Movie Day	11 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Bridge	12 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 12:00p PM Cards 12:30p Bingo 01:00p Bergeron Advice	13 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 10:15a Stretch break 10:15a Stretch Break Zoom 11:30a DayBreak 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	14 08:00a CENTER CLOSED 11:00a Annual Cookout
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights	18 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Ice cream social	19 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Hiking Trip 09:30a Knit and crochet 10:30a Genealogy 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	20 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 10:15a Stretch break 10:15a Stretch Break Zoom 11:30a DayBreak 11:30a Lunch at Center 01:00p Parkinsons Exer. pm	21 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:30p Movie Day	25 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 11:00a Climate Change 01:00p Bemis Farms 01:00p Bridge	26 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:00a Grab and Go Lunch 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	27 08:00a Library 08:30a Billiards 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 10:15a Stretch Break Zoom 11:30a DayBreak 11:30a Lunch at Center 01:00p Parkinsons Exer. pm	28 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:30p Movie Day 01:00p Bridge
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