

**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



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.



March 2021

REP. KATE HOGAN'S SENIOR NEWS

Now what? What to expect after you've received the COVID-19 vaccine

Congratulations! If you're one of the first priority groups in Massachusetts to receive the COVID-19 vaccine, I applaud and appreciate you for taking steps to make everyone in our community safer and healthier.

If you haven't received your vaccine yet and would like assistance making an appointment, call 2-1-1 to speak with a representative. Hearing impaired residents can use Mass Relay (7-1-1), the toll-free nationwide number that gives everyone access to relay services.

If you've received your full vaccination, you may be wondering what happens now and if you can get back to "normal" already. Here's what the experts say:

Immunity isn't instantaneous Don't expect instant immunity after your shots. We will remain susceptible to COVID-19 within 14 days of getting the first shot, so it's important to remain vigilant during that 14-day window.

Immunity isn't 100% Even after they're fully vaccinated, not everyone is immune. The vaccine is 95% effective, which means that 1 in 20 people is not going to be fully immunized. However, even though it's not 100% effective in preventing infection, it is effective in preventing severe infection and death, which is very reassuring.

Keep Protecting Yourself We know that more contagious strains of the virus are spreading, so you'll need to be vigilant with mask-wearing and other infection-prevention measures until you are fully vaccinated.

Protect Others It's still not clear whether those who are vaccinated could still be carriers and transmit the virus to others, though we expect to know more in a month or two. Until then, continue to wear a mask and practice social distancing.

Gather safely If you have plans or would like to get together with others who have been vaccinated, please do so safely and take basic precautions, like keeping masks on, staying distanced and making sure there is proper ventilation.

Know that the future will be brighter Masking requirements aren't likely to go away before summer, but vaccinations, warmer weather, and increased knowledge will make summer look more normal.

For the latest information on COVID-19 and vaccinations, check <https://www.mass.gov/info-details/covid-19-updates-and-information> and for answers to personal questions and concerns, contact your physician.

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

"Wherever you go, whatever you do, may the luck of the Irish be there with you!"
Erin go bragh!

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!



A lot happened in February and happened very quickly!

I would like to thank the Hudson Board of Health for putting together, in a short period of time, a well-organized Covid-19 vaccine clinic for Hudson seniors 75 and over at the Hudson High School. This clinic vaccinated about 200 seniors. In the same week, Dr. Mathur and Dr. Goh's office also had a Covid -19 vaccine clinic for people 75 and older. Our Hudson CVS pharmacy started issuing the Covid-19 vaccine in February. This all happened within a two-week period. It was great to see so many Hudson seniors have access to the vaccine. Unfortunately, bad weather and supply issues has interrupted the rate of distribution. I am hopeful by the first or second week in March we will see vaccination sites with enough vaccines to schedule more appointments. I know how discouraging it is when you try to register for an appointment only to find at the end of the process there are no appointments available. As time goes on the availability of vaccines will only improve making it easier for everyone to get the vaccine. Patience is a virtue.

Please ask your family or friends to help you schedule an appointment on

<https://www.mass.gov/covid-19-vaccine>

We have heard from many seniors over the age of 75 that their primary care physicians called to offer the covid-19 vaccine. If you have not done so, please check with your physician's office. The Hudson Senior Center staff, Janice, Holly, Ana and Virginia will help Hudson seniors, who have **no access** to a computer, make an appointment. This is based on the availability of the vaccine, which should hopefully improve soon.

For now, please stay the course. Continue to wear your mask, social distance and wash your hands. Please know the Hudson Senior Center does not have access to the vaccine.



**New 12 weeks Music Therapy Program
Made possible by MetroWest Health Foundation
Mondays (Time to be determined)
ZOOM MUSIC THERAPY CLASS**

with Cara Brandisi must call 508-393-5035 to sign up!!

Join us for weekly virtual Music Therapy Sessions. Use the time to enjoy familiar songs and engage in some song discussion and reminiscence. For those that would like to engage further, use these opportunities to connect and share your stories, thoughts and ideas in more interactive experience through some lyric analysis, storytelling or song writing.

These sessions are designed for a multitude of possibilities that will be catered to those that attend and tune in. We hope to see you there!

About Cara Brandisi, MT-BC:

Over the past 10 years, Cara Brandisi has been working as a Board Certified Music Therapist in Massachusetts. After receiving her formal education from Bereley College of Music, Cara has gone on to provide Music therapy in settings such as Skilled Nursing Facilities (Oddfellows, Tatnuck Senior Living) Group Homes (Massachusetts State Programs) a Pediatric Department (Umass Medical Center) and most prominently End of Life Care through Hospice (VNA Care). Her mix of high level musicality as well as her thoughtfulness in her therapeutic demeanor, allow for a true and authentic experience in Music Therapy.



Please join a “Lunch and Learn” from your own home with
Traci Robidoux, Dietitian/Nutritionist from BayPath
Learn about the Mediterranean Diet and why its ranked #1

The Mediterranean Diet: Learn why it's ranked the number one dietary pattern of the year (again) plus the keys to its implementation.

Thursday March 25th at 12 noon on zoom

You can sign up by calling 978-568-9638 and leave your name and phone number and send you the zoom invite. We will also record this zoom presentation and put it on Hud CableTV.

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Grab and Go Tuesday, March 16th

Happy St. Patrick's Day!



Caterer, Buffett Way will provide a hot corned beef and cabbage dinner on Tuesday, March 16th. **Cost to you is \$5.00** which you can bring when you pick up your meal between 12:00-12:45pm. Please wear your mask. As always, we look forward to seeing you!!! Limited to 75 people

Call 978-568-9638 starting Thursday, March 4th to sign up!

Bemis Farms returns with another Grab and Go



Garden Kit just in time for Easter

Cost to you is \$10.00 and the Senior Center will pay the balance.

Kits will be available for pick up on **Friday, March 26th at noon.**

Call 978-568-9638 to sign up for this!!



The Auxiliary and Corporators of Emerson Hospital
invite you to discuss

**A YEAR OF COVID: CHECKING IN ON
THE PANDEMIC'S EFFECTS ON
THE MIND AND BODY**

TUESDAY, MARCH 9TH — 12:00-1PM

Over the past year, COVID-19 has changed the way we all function on a daily basis and which has, in some cases, affected our mental and physical health. Join a virtual moderated Q&A, sponsored by the Auxiliary and Corporators of Emerson Hospital, where health care clinicians will discuss topics like anxiety and grief, addiction support, sleep management and self-care. Learn more about managing and living during the time of COVID-19 and hear answers to questions on how to fight the mental and physical fatigue. [Click here to register](#)

Or go to <https://www.emersonhospital.org/support-emerson/auxiliary/auxiliary-events>

For more information about Auxiliary events, please contact us
at emersonauxiliary@gmail.com

**Medicare Diabetes Prevention Program Returns
to the Hudson Senior Center Via Zoom
(If you have Pre Diabetes, this class is for you)**

The Hudson Senior Center is excited to communicate that the YMCA's Diabetes Prevention Program and the Medicare Diabetes Prevention Program, is currently enrolling for spring classes. Due to the current state of the pandemic, these classes will be offered in a virtual environment (via phone and/or video conference). Previous classes held at our senior center resulted in an average weight loss among the participants of 7% during the year-long program.

This program, which is offered through the Hockomock Area YMCA in Partnership with the YMCA of Central Massachusetts, is designed to support adults with prediabetes (not already diabetic) in reducing their risk for developing type 2 diabetes. This is accomplished through 25 sessions that follow a Centers for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program. In a welcoming, small-group environment, participants work together with a Y-USA trained Lifestyle Coach to learn about eating healthier and increasing their physical activity. For eligible individuals this program is a covered benefit by Medicare Part B and some Medicare Advantage Providers***

In order to enroll in a virtual class, individuals should email PHL@YMCAOFCM.org or leave a message for the Program Coordinator at the Program message center **508-870-1320**, ext. 8244, for a call back to be screened for eligibility and answer any questions that individuals may have.

Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 71% in adults over age 60.

***Medicare Advantage Plan beneficiaries are encouraged to talk with the Program Coordinator to confirm coverage.

**Senior Hours on Wednesdays extended through March for customers who need
to conduct RMV transactions.**

The RMV will designate Wednesdays in February and March at 17 RMV Service Centers to serve customers age 75 and older. These service centers will be dedicated to processing all Registry transactions for older customers. A reservation is required. Providing older adults with a designated RMV service center every Wednesday through March will result in a safer space for customers to visit. **The designated RMV service centers for customers 75+ are:**

Brockton, Danvers, Fall River, Greenfield, Lawrence, Leominster, Martha Vineyard, Nantucket, New Bedford, North Adams, Pittsfield, Plymouth, Revere South Yarmouth, Springfield, Watertown, Worcester

Customers 75 and older will be able to visit the RMV service centers listed above by reservation only, Wednesdays through March.

Select the "Senior Transaction" option in the "Make/Cancel a Reservation" transaction at **www.Mass.Gov/RMV** to view availability and make a reservation at one of these locations. Below are the options for an appointment:

If you are a AAA member, you may make a reservation now to renew your driver's license/ID or registration at a AAA location. Visit **www.aaa.com/appointments** to schedule your visit.

If you are not a AAA member, visit **Mass.Gov/RMV** to make a reservation to visit an RMV Service Center. Select the "Senior Transaction" option on the "Make/Cancel a Reservation" transaction. Email the RMV for assistance at MassDOTRMVSeniors@dot.state.ma Call the RMV at 857-368-8005.



MASSACHUSETTS

Medicare Wellness Webinars

Join Our Medicare Wellness Webinars

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome—you don't have to be a Blue Cross member to participate.

Register for a Live Health Webinar

Eight Steps to a Healthier Heart

Presenters: William Rowbottom & Tricia Silverman

Tuesday, March 2, 2021 10:00 a.m. – 10:30 a.m.

Eight Simple Steps to a Healthier Heart Presented by Tricia Silverman, RD Discover simple tactics for preventing and treating heart disease. Learn easy strategies that can help to lower your blood pressure, cholesterol, and triglycerides while improving your overall health. Tricia's fun props, stories, and practical tips will help motivate you to make the small changes that lead to better heart health. **Register Now at bcbsma.info/March2**

Boost Your Health with Better Sleep

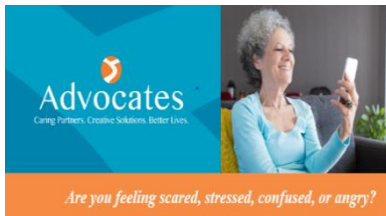
Presenters: Heather Hurd & Janet Fontana

Tuesday, March 23, 2021 10:00 a.m. – 10:30 a.m.

Sleep is vital to your physical and emotional health. During challenging times, it can be especially difficult to stop worried thoughts from keeping you awake at night. Join us to learn strategies to get a good night's sleep and discover stress-relieving breathing exercises to help you fall asleep or fall back to sleep faster. Discover how to feel calmer during the day and sleep more soundly at night.

https://well-b.zoom.us/webinar/register/WN_uHC-302JSB6yL-9igI0UKA

Register Now at bcbsma.info/March23



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



Covid-19 Vaccine SCAMS Targeting Seniors

BEWARE: Scammers are targeting seniors online offering to drive them to a Massachusetts vaccination site for a hefty payment. Seniors in Middlesex County could be at risk for COVID-19 related scams.

Only take a ride from someone you know and trust. If you need assistance, contact your local police department or Council on Aging.

The Federal Trade Commission (FTC) is sharing these tips to avoid vaccine related scams:

- **Don't pay to sign up for the vaccine.** Anyone who asks for a payment to put you on a list, make an appointment for you, or reserve a spot in line is a scammer.
- **Ignore sales ads for the COVID-19 vaccine.** You can't buy it – anywhere, including online pharmacies. The vaccine is only available at federal- and state approved locations, such as vaccination centers and pharmacies.
- **Watch for unexpected or unusual texts.** Don't click on links in text messages – especially messages you didn't expect. If your health care provider or pharmacist has used text messages to contact you in the past, you might get a text from them about the vaccine. If you get a text, call your health care provider or pharmacist directly to make sure they sent the text. Scammers are texting, too.
- **Don't open emails, attachments, or links** from people you don't know, or that come unexpectedly. You could download dangerous malware onto your computer or phone.
- **Don't share your personal, financial, or health information with people you don't know.** No one from a vaccine distribution site, health care provider's office, pharmacy, health insurance company or Medicare, will call, text, or email you asking for your Social Security, credit card, or bank account number to sign you up to get the vaccine.

In short, you can't pay to skip the line, reserve your spot, or join a critical trial. Be wary of any inbound calls or texts that ask for your Social Security number, financial details, or insurance information to reserve your spot. Report COVID-19 vaccine scams to the FTC online, reportfraud.ftc.gov

AARP Tax Help:

The AARP TAXAIDE team is planning to open for the season on March 1st. There are still a few appointments available in April.

The process will be very different this year. The process begins by taking your contact information and make an appointment for your Intake Interview. You will need to collect all your papers and if doing itemized deductions or filing a Circuit Breaker, you need to summarize all your data. Your Intake Interview will be on the phone or via Google Meet. You will need to agree to have your documents scanned to a cloud account. After your interview, you will be given an appointment to come to the center to have your documents scanned. The scanned documents will be sent to a counselor to complete your return. When your return is finished, you will be scheduled for a time to come to the center to receive a copy of the return and sign a release to e-file the return. Your return will be e-filed and all documents deleted from the cloud account.

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. (waitlist)
- **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. (waitlist)
- **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. (waitlist)
- **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

****Tuesday, March 16th at 10:30am****

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

Busing News:



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

Face Masks

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



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.*

A FEW TIPS FOR TAX SEASON

I love being at Mirick O'Connell because when my elder clients inevitably call me at this time of year asking tax questions, I can always rely on the lawyers here who have focused on tax issues their entire lives instead of looking things up. Here are a few quick tips that are especially relevant to Frank and Mary and the many seniors like them:

- You probably have to file a federal income tax return. Under federal law, the filing requirement is not based on your income, but on the amount of your combined federal standard deduction and the deduction you get from being 65 or older. For 2020, if you're single, that amount is \$14,050; if you're married filing jointly, it is \$27,400.
- Up to 50% of Social Security payments are taxable if your 2020 income exceeds \$25,000 if single, \$32,000 if married, or up to 85% of the payments are taxable if your income exceeds \$34,000 if single, \$44,000 if married. In determining amount of income, add 50% of Social Security payments to your other income.
- You must file a Massachusetts income tax return if your income exceeds \$8,000.
- If your local real estate taxes (plus 50% of your water/sewer bill) exceeds 25% of your income, or if you're a tenant and your rent exceeds 25% of your income, you're probably entitled to get a check back from the Commonwealth of up to \$1,150 after filing state returns.
- Certain improvements to your home, as well as payments to health care providers who helped you or your spouse, may be deductible as medical deductions. Small (grab-bars) and big (elevators) improvements you made to your home may be tax-deductible, as well as the costs of the aides that help you stay home. You should start thinking about the home improvements you want to make this year so you can deduct them next year. By paying for these with some of your IRA or other tax-deferred funds, you are effectively eliminating the tax on those funds.
- If your child is paying for those improvements or for extra care at home, and if that total cost was over 50% of your annual expenses, your child may be able to claim you as a dependent and take the medical deduction. That may be useful if you have previously given away some of your assets to your child (or to an irrevocable trust for his/her benefit) since your child's income, and therefore the effect of the tax benefit, may be much larger than it would be for you.

I will be discussing tax issues in more depth during this month's elder law virtual seminar, **ALL ABOUT TAXES**, 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, March 10th, 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

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

Why you should set up a MyMedicare.gov account Every Monday and Friday at 9am

- Add your prescriptions and pharmacies to help you better compare health and drug plans in your area
- Sign up to get your yearly "Medicare & You" handbook and claims statements, called "Medicare Summary Notices," electronically
- View your Original Medicare claims as soon as they're processed
- Print a copy of your official Medicare card
- See a list of preventive services you're eligible to get in Original Medicare
- Learn about your Medicare premiums, and pay them online if you get a bill from Medicare

Here is a 5-minute video on how to set up your MyMedicare account

<https://youtu.be/RafaTINNEN0>

Here is a 3 minute video on how to retrieve your Username and Password on MyMedicare.gov

<https://youtu.be/a9sAnjXyaY>

Intro to Medicare Part 2 of The Basics

Every Monday and Friday at 9:30

You can watch this on YouTube:

<https://www.youtube.com/watch?v=24bSGRAfKZ4&feature=youtu.be>

Cooking as Self Care – Bowl O'Goodness

Every Wednesday at 9:30 am on cable

Quinoa bowls with sweet and smoky roasted vegetables

Massachusetts Councils on Aging's cooking and nutrition series for older adults with Tara licensed and registered Nutritionist for MCOA.

[Cooking as Self Care - Bowl O'Goodness - YouTube](https://youtu.be/UuUFKAPFroE)

youtu.be/UuUFKAPFroE

From Ireland to America

With singer, yodeler, and multi-instrumentalist

Roger Tincknell

Every Wednesday 10-11

From Ireland to America is a festive music program celebrating traditional Irish music and culture. The concert includes a variety of traditional Irish and Irish-American songs and instrumentals. Lovely Irish ballads, work songs and familiar Irish sing-alongs are interspersed with lively jigs and reels instrumentals. The program may also include some traditional Scottish songs and Celtic stories.

OUTREACH

Medicare Advantage Open Enrollment Period

This is the FINAL month of the 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: The state has extended the deadline for applying for Fuel Assistance to May 28th instead of April 30th (please note: payments are still only for 11/1-4/30) Call the Hudson Senior Center at 978-568-9638 to see if you are eligible for this benefit.

SMOC also has a new online portal. This is ONLY for NEW applicants that want to apply online. We can give applicants the email address to inquire about this, and SMOC will send them a link that directs them to the portal. They are not posting the link to the portal on the SMOC website. New applications and Re-certifications are still being done CURBSIDE or by mail at the Senior Center as well! 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. Things look a bit differently this year, but we are still here to help you with your application needs!

Please be aware it is taking some time for fuel assistance applications to be processed. If you have already applied and haven't heard back about the status of your application, you can call the Senior Center and we can try to look into this for you by calling the Fuel Assistance Hotline.



FOOD ASSISTANCE

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 978-601-2494.

Agape Café – Take Out Dinners Thursdays from 4:30pm to 6:00pm 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 28 de Maio 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 16 de Março – **“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 4 de Março para reservar o seu lugar. Limitado a 75 pessoas.**

Dia 26 de Março – “Grab and Go” Kit de plantas para o jardim do “Bemis Farms” ao meio-dia no Senior Center. Telefone para 978-568-9638 para reservar o seu Kit. O custo é \$10.00 por Kit.

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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St Patrick's Day

WORD SEARCH Search across, down, and diagonally

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Find the following words:

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