

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

# May

## 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
- Walter Correia & Jack Veo, Part-time Bus Drivers

*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.*

#### **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
- 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.*



May 2021

## REP. KATE HOGAN'S SENIOR NEWS

### Enjoying the Outdoors this Season

Spring has sprung! And with the new season, comes a sense of hope and renewal. I find that one of the best ways to enjoy this time of year is to spend time outdoors.

Fortunately, our District has some wonderful local spaces to explore.

Hudson's scenic rail trail is ADA-compliant and accessible for seniors. Picnicking at Wood Park and walking the wide paths at Gates Pond are also good options. Farm stands, farmer's markets and orchards throughout the district, like Ferjulian's Farm, Tougas Family Farm, Berlin Farms & Orchards and Hudson Hives, are serving up fresh produce.

In addition, our state parks are free to enter and enjoy and the Commonwealth offers a special parking pass for seniors. Massachusetts residents age 62 and over are eligible for a discounted lifetime parking pass that covers the cost of parking at most state parks, including nearby parks like Ashland State Park, Callahan State Park, Hopkinton State Park, the Nashua River Rail Trail, Sudbury and Wachusett Reservoirs and Whitehall State Park.

Seniors can order the pass from the Department of Conservation and Recreation (DCR) for only \$10. To do so, send a request for a Senior Parks Pass with a copy of your Massachusetts driver's license or other official proof of residency and age and a check for \$10 made out to the Commonwealth of Massachusetts.

Requests can be sent to:

Central Regional Office

355 West Boylston Street, Route 110

Clinton, MA 01510

Attention: Senior Pass

There's truly something for everyone! I hope you are able to enjoy some time outdoors this season.

**Contact Rep. Hogan:** Virtual office hours for constituents will be held May 14 beginning at 1 pm.

Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call (617) 722-2199 (option #3) to leave a voicemail or email

[kate.hogan@mahouse.gov](mailto:kate.hogan@mahouse.gov). If you are unable to attend office hours and have any issues or concerns, you can use this phone number and email to contact me for assistance. Please also visit my new Facebook page: [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

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](mailto:Kate.Hogan@mahouse.gov)

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

Hello Everyone!



As you may know, Jim Klotz our full-time bus driver is retiring effective May 1, 2021. He has been with us for a little more than 5 years and will be missed. We are all sad to see him go but also excited for him as he starts a new chapter in his life. Life is about cherishing the past, facing the present and moving ahead towards new milestones in your future. Wishing you and your family the best Jim!

**Vaccines are more readily available now.** If you have not been vaccinated and need help getting an appointment please call the senior center, 978-568-9638, we are happy to help you schedule an appointment. Our buses can take you to vaccine appointments in Hudson or in Marlborough. The Courtyard Marriott in Marlborough has had many appointments the past week. **Homebound Vaccination Program** – if you or someone you know are homebound and have not received a vaccine, you can call 833-983-0485, the Statewide Homebound Vaccination Program. They will ask you questions and once you are determined homebound you will be contacted by the Commonwealth Care Alliance and they will schedule a vaccine to be given in your home.

#### **The Senior Center will open up for appointments in May**

We are looking forward to offering appointments at the Senior Center. We are still not open to the public, but will start taking appointments. You will have to call the center and we will schedule an appointment with you. If you would like to get a book from our library, you can call the center and we will schedule a time for you to do that. Anyone scheduled for an appointment or library visit must wear a mask and have a temperature taken. **In June** we are planning to offer movie days with small groups, wearing masks and socially distanced in the great room. Due to the limited capacity requirements, we will offer the movie more than once to ensure everyone who wants to see the movie can. We are also planning on utilizing our back patio and deck area to offer outside gatherings in small groups. All activities will be approved by the Board of Health.

#### **CDC recommendations for fully vaccinated people in non-healthcare settings**

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel.
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States.

#### **The CDC also suggests that fully vaccinated people should continue to:**

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers



## Bemis Farms returns with another Grab and Go

### Your very own Herb Garden

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

Kits will be available for pick up on **Thursday, May 27<sup>th</sup>** for a 12:00 noon pick up.

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



## Mother's Day Breakfast/Brunch



**Tuesday, May 11, 2021 for a 9:30 pick up**

Cost to you is \$5.00, the Senior Center is sponsoring the balance. Brunch grab and go which will include: Cinnamon pecan french toast casserole (with syrup cup) Ham and swiss croissant and twice dipped strawberries (3) Catered by Buffet Way.

You must call the Center at 978-568-9638 to make your reservations.

**\*\*Call beginning Tuesday, May 4<sup>th</sup> to reserve your spot\*\***



## Journey through the Past: Paul Revere

Award-winning historian John Horrigan talks about Paul Revere, his famous Midnight Ride on April 19th, 1775 and three other relatively obscure rides he made to alert colonists of a potential attack by the British Army, that turned out to be false alarms. He will also trace his capture and follow the trails of other express riders on the eve of the Battle of Concord and Lexington, including Samuel Dawes, William Prescott and Israel Bissell. Presented by the Hudson Council on Aging.

You can watch this great presentation on Youtube anytime using this link:

<https://youtu.be/I3tVbg5EzeA>.

You can also watch this on Hud TV. See the Hud TV page in this newsletter.



## Shredding Day at the Hudson Senior Center

**Wednesday, May 26<sup>th</sup> 11am to 1pm**

If you have documents that need to be shredded you can bring up to 5 boxes of paper only to the center for shredding. Staples on the documents are ok. No PLASTIC ONLY PAPER! Please call the center if you are interested in this.

**This is a FREE shredding event.**

## Grab and Go Lunch

**Friday, May 21<sup>st</sup>**

**Pick up time between 12-12:30pm**



Chicken Salad with lettuce and tomato on a soft roll, a side of pasta salad and cookie catered by Stevie's! Cost to you is \$5.00 which you can bring when you pick up. Please wear your mask. As always, we look forward to seeing you!!!

**Call 978-568-9638 only beginning Tuesday, May 4<sup>th</sup> to sign up!**



## Cooking with Self Care : [Cooking as Self Care - Diversity Eats - YouTube](#)

This month's recipe is Pulao with Crispy Cinnamon Chickpeas and can be seen on you tube or on Hudson Cable TV.

# COOKING AS SELF CARE

A Monthly Series by the Massachusetts Councils on Aging

## Diversity Eats

*Enjoy and live longer*

While we know it's important to eat a variety of fruits and vegetables (don't we?!), it's also important to do so from all food groups. Eating a variety of foods supports healthy aging by increasing the types and amounts of nutrients we ingest. A great way to do this is trying recipes from other cultures. By doing so, you may prevent disease and live longer. Several types of longevity diets exist from around the world. Some of these areas where many people live to be 100 years old, are documented in the Blue Zones project and include Ikaria (Greece), Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica) and Loma Linda (California). While diet is only one of the nine traits contributing to longer, happier lives, it is where we begin expanding our palates this month.



## Pulao with Crispy Cinnamon Chickpeas

*serves 2*

### Ingredients

- 1 can chickpeas
- 1 Tbsp + 1tsp olive oil, divided
- 1 tsp cinnamon, divided
- ½ cup brown rice
- 1½ cups stock or broth
- ½ tsp cloves (about 10)
- 1 zucchini, diced
- 1 carrot, diced
- ¼ cup dried apricots, chopped
- 2 pinches cardamom, optional

### Directions

1. Preheat oven to 350°F.
2. Rinse and drain chickpeas. Coat with 2 tsp oil and ½ tsp cinnamon. Spread on baking sheet and cook for 45 minutes. Stir halfway through cooking time.
3. Combine rice, stock, cloves and 2 tsp oil in a pot. Bring to a boil, cover and simmer on low for 25 minutes.
4. Add zucchini, carrot, ½ tsp cinnamon and cardamom to the rice.
5. Simmer 20 minutes or until most of water is absorbed; adding apricots just before rice is done cooking.
6. Plate the pulao, top with chickpeas and enjoy!



## Learn about The COVID Eviction Legal Help Project NOW!

### Are you facing an eviction?

With free legal help, you may be able to stop an eviction and stay in your home.

For more information, visit  
[www.EvictionLegalHelp.org](http://www.EvictionLegalHelp.org)  
or call 211



### Are you a tenant or owner-occupant facing housing instability?

The **COVID Eviction Legal Help Project (CELHP)** provides free legal help to low-income tenants and owner-occupants across Massachusetts in COVID-related eviction cases. To find free eviction legal help in your area and to learn about new changes to the law that allows you to be protected by the federal eviction moratorium and guides you to other resources, like rental assistance and food benefits, visit [www.EvictionLegalHelp.org](http://www.EvictionLegalHelp.org).

To register, visit  
**alzfamilyconference.org**  
or call our 24/7 Helpline at  
**800.272.3900**

## **FREE Family Caregiver Conference** **Friday, May 14<sup>th</sup> and Saturday May 15<sup>th</sup>** **,Alzheimer's Association MA/NH Chapter to host virtual** **Family Caregiver Conference**

The Alzheimer's Association Massachusetts/New Hampshire Chapter will host a free virtual educational conference for family caregivers and individuals living with dementia. The inaugural two-day Family Conference will take place **Friday, May 14 and Saturday, May 15**. The virtual conference is free and open to those caring for a loved one at home, professional caregivers, and the general public.

Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. Sessions include Understanding Alzheimer's and Dementia, Effective Communication Strategies, and Coping with Dementia Related Behaviors. **There will be .** Participants will also hear from a **panel of individuals living with dementia sharing their perspective and coping strategies.**

The schedule of programs also includes performances by South Shore Conservatory's Creative Arts Therapy Program. SSC's Creative Arts Therapy (CAT) program features a group of highly qualified therapists and specialists who use the arts and creative processes to help individuals maximize their abilities and improve health and wellness **two educational sessions offered in Spanish.** You can register by phone by calling 800-272-3900.



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

#### ***Immunity Boosters and Busters***

**Presenters: Susan Flanagan & Tricia Silverman**

**Wednesday, May 5, 2021**

**2:00 p.m. – 2:30 p.m. ET**

Looking to boost your immunity? Learn which foods and lifestyle practices enhance immunity and which ones decrease your body's ability to fight infection and illness. Join registered dietitian, wellness coach, and fitness instructor Tricia Silverman as she shares practical tips and eye-catching nutrition demonstrations to help inspire you to eat for better health and immunity. You can call the senior center 978-568-9638 to sign up or sign up directly with BCBS by Registering at: [Register Now at bcbsma.info/May5](https://www.bcbsma.info/May5)

#### ***Meditation for Busy Minds***

**Presenters: Lisa Farnham & Janet Fontana**

**Thursday, May 27, 2021**

**2:00 p.m. – 2:30 p.m. ET**

Have you wondered about meditation and if it's for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome. You can call the senior center 978-568-9638 to sign up or sign up directly with BCBS by Registering at: [Register Now at: bcbsma.info/May2](https://www.bcbsma.info/May2)



## Upcoming AARP Zoom Events for Massachusetts

- **Virtual U Lecture: Around the World in 80 Gardens**

**Tuesday, May 4, 2021 12:00pm to 1:15pm ET**

**Enjoy a virtual stroll through the world's greatest gardens.**

Dr. Richard Benfield, CCSU emeritus professor of geography, will use his experience and humor as he walks us through a view of the world's great gardens. He will begin in the lush gardens of the Pacific, through South America and Europe to South East Asia and Australia, the gardens in Singapore airport, the arid gardens of Australia and the tropical gardens of the Seychelles, Canary Islands and the English country gardens of his home country, finishing in the US and Canada.

<https://www.cvent.com/events/virtual-u-lecture-around-the-world-in-80-gardens-5-4-2021-12pm-et/registration-80F5325AA4CF4E7F9E784E15141BD283.aspx>

This session is live and offers a moderated Q & A at its conclusion.

- **Tai Chi Thursdays starting May 6, 2021 From 5:00pm to 6:00pm ET**

This mind body class is designed to help quiet the mind by bringing attention to the breath. **Join** AARP Nevada, a certified instructor, and attendees from across the U.S for a **FREE** virtual Tai Chi: Qigong class

About the Class: Participants of all experience levels are welcome. Individuals who are caring for a loved one are strongly encouraged to attend - remember to take care of yourself! This class is delivered virtually via the Zoom platform and is **free** for AARP members and guests. Pre-registration is required and space is limited, so register today! Each participant in this event must complete a waiver of liability as part of the registration process prior to participating. If you would like to invite a guest to this event, they will need to register themselves directly to agree to the liability waiver. Please consult your physician before beginning any exercise program.

Register at: <https://www.cvent.com/events/tai-chi-thursdays/registration-537C6B121DE5409D9B03CCE3837BBADF.aspx>

- **OLLI Class 6: The Vietnam War, Fifty Years On**

**Monday, May 10, 2021 From 9:40am to 11:05am ET**

REGISTER at: <https://www.cvent.com/events/olli-class-6-the-vietnam-war-fifty-years-on/registration-369001DD95F841F9BDA2CECCB21F3CDA.aspx>

The Vietnam War is eclipsed in the public imagination by more recent wars, yet, 50 years later, it continues to inform American politics, protest movements, health, legal decisions, and foreign relations. Join AARP Virginia and attendees from across the U.S. for a virtual complimentary class offered by the Osher Lifelong Learning Institute at George Mason University (OLLI-Mason) Meredith Lair will discuss the lessons, legacies, and commemorative strategies of the Vietnam War. You will receive a Zoom link to attend this class 24 hours prior to the class beginning. Do not opt-out of receiving emails as you will not get the Zoom link.

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**These are FREE events, but advanced registration is required. AARP membership not required. You can register for all of these events and many MORE at:**

<https://states.aarp.org/massachusetts/events-ma>



The City of Marlborough and the Town of Hudson

are proud to bring you

## Household Hazardous Waste Collection Day

Dropoff Location (Click map for directions)



### BRING THESE ITEMS:

Acids/Bases  
Aerosols  
Air Conditioners  
Antifreeze  
Auto Batteries  
Brake Fluid  
Corrosives  
Drain Openers  
Flammables  
Computers

Furniture Stains  
Fluorescent Bulbs  
Household Cleaners  
Household Polishes  
Household Batteries  
Kerosene  
Lighter Fluid  
Paints (Oil based)  
Propane Tanks  
Microwaves

Monitors  
Pesticides  
Photo Chemical  
Poisons  
Pool Chemicals  
Thinners  
Used Motor oil  
Weed Killers  
Wood Preservative  
TVs/VCRs

22

**SATURDAY, MAY 22, 2021 AT 9 AM EDT – 12 PM EDT**

## Household Hazardous Waste Day

Free · 860 Boston Post Rd E, Marlborough, MA 01752-3767, United States



### Zoom Genealogy Family Research with Charles Corley Wednesday, May 19<sup>th</sup> 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.

### OUTDOOR BINGO at The Elks Wednesdays starting at 1:00 pm.



The Hudson Concord Elks has graciously agreed to have the Hudson Senior Bingo group return to the outdoor Pavilion located in back of the Elks on Wednesdays. You can call the senior center 978-568-9638 to sign up and remember you must bring and wear your mask and dress for the weather! Thank you to Diane Durand for making this happen and special THANKS to the Hudson Concord Elks!!

**\*\*The Center will be Closed on Monday, May 31<sup>st</sup> for Memorial Day\*\***



## 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.



### 10 Minutes to a Better Library!

The Hudson Public Library invites you to contribute feedback to help shape our future. We are in the process of developing a new strategic plan that will guide decisions regarding the library's collections, programs, facilities, and services for 2022-2026.

Please take 10 minutes to complete this survey:

[https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fbt.ly%2fhplsury22-26&c=E,1,qGDc0aewlL-kNVVrM3QfVu2UksiFzwdCBQezwPwX1DydL8yqF25n7kQxQFYciYElRpRnQ\\_jv7sNofnsRacaRP\\_OgGrr9\\_T3xRUZoEtwN&typo=1](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fbt.ly%2fhplsury22-26&c=E,1,qGDc0aewlL-kNVVrM3QfVu2UksiFzwdCBQezwPwX1DydL8yqF25n7kQxQFYciYElRpRnQ_jv7sNofnsRacaRP_OgGrr9_T3xRUZoEtwN&typo=1) or scan QR code below to enhance library access and service for everyone in our community!

Printed surveys are available for pick up at the Hudson Public Library. Please return completed surveys to the library via the library's book drop, or mail by Saturday, May 22, 2021. We are located at 3 Washington Street, Hudson, MA 01749.

For additional info or inquiries, please contact Aileen Sanchez-Himes, Library Director at (978)568-9644 x414 or email [asanchez-himes@cwmar.org](mailto:asanchez-himes@cwmar.org)





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.*

## LIVING UNTIL YOU DIE

Sister Thea Bowman, a 19<sup>th</sup> century Black Catholic nun who lived in New Orleans, had a daily prayer that I often find myself repeating: “Lord, let me live until I die.”

Although most people tell me they want to spend their last days at home, in Massachusetts (except Martha's Vineyard and Nantucket) that seldom happens. Most people end up dying in a hospital or nursing home. If your goal is to remain at home, then you should plan ahead, especially regarding your last few months, weeks, or days.

- How would you need to rearrange your home if you needed to be in bed a lot? What kinds of home modifications (ramps, bathroom adaptations, etc.) would make you comfortable? You may want to hire a geriatric care manager, someone who deals with these kinds of issues all the time, to help you figure all that out ahead of time rather than waiting until the last minute.
- What will it cost to stay home if you are frail during that last year of your life? In addition to the home modifications, what would be the cost of your care? Could you afford to have a caretaker live in your house for a time? Could you accommodate them? Long-term care insurance policies are often an ideal source of money to pay for all this. Otherwise, you might want to have a HELOC (Home Equity Line of Credit) or reverse mortgage in place **WAY BEFORE YOU NEED IT** to take care of these expenses in an emergency.
- How do you want to be treated? Would you rather be outside whenever possible? Do you want to be cool or warm? Are there people you would really want to see? Equally as important, are there some people you never want to see?
- Have you talked to your Health Care Proxy agent and your Power of Attorney agent about all this? Your Proxy agent needs to be willing and able to act on your behalf and do what you want to have done, even if you no longer have the ability to communicate all that. Your Power of Attorney agent needs to know that it's okay to pay for the home modifications and home care that you want to make your life better.
- Is there a MOLST (Medical Orders for Life Sustaining Treatment) in place to assure that an EMT does not rush you to the hospital if you really want to stay at home?

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



**Legal Advice with Attorney Arthur Bergeron**

**Wednesday, May 12<sup>th</sup>, 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

### **Journey through the Past: Paul Revere**

By Historian John Horrigan

**Every Monday and Friday at 9am**

Award-winning historian John Horrigan talks about Paul Revere, his famous Midnight Ride on April 19th, 1775 and three other relatively obscure rides he made to alert colonists of a potential attack by the British Army, that turned out to be false alarms. He will also trace his capture and follow the trails of other express riders on the eve of the Battle of Concord and Lexington, including Samuel Dawes, William Prescott and Israel Bissell. Presented by the Hudson Council on Aging.



You can watch this great presentation on YouTube anytime using this link:

<https://youtu.be/I3tVbg5EzeA>.

You can also watch this on Hud TV.

### **An Explanation on Parkinson's Disease with Anne Muskopf**

**Every Wednesday at 10:00**

**Anne Muskopf**, Program Director for Parkinson's Family Support at Jewish Family and Children's Service in Waltham, Massachusetts.

To watch the Parkinson's Spotlight on YouTube, please follow this link:

<https://youtu.be/wiscU-DZrZA>

### **Cooking as Self Care Diversity Eats Every Wednesday at 9:00 a.m. on cable**

**This month's recipe is Pulao with Crispy Cinnamon**

**\*\*Recipe and instructions are in this newsletter. Please note you can watch this anytime on the YouTube link provided or on Hud TV**

Massachusetts Councils on Aging's cooking and nutrition series for older adults with Tara licensed and registered Nutritionist for MCOA. You can also watch this on you tube :

<https://www.youtube.com/watch?v=4srSrKpwVOc>

### **How to Set Up a MyMedicare gov Account Every Monday at 10:00 am**

**This is an easy explanation on how to set up your My Medicare Account!**

<https://www.youtube.com/watch?app=desktop&v=RafaTINNEN0>

Please note you can watch this on YouTube anytime or on Hud TV ☺



## OUTREACH



**FUEL ASSISTANCE UPDATE:** This is the LAST month that you can apply for fuel assistance for the 2020-2021 heating season!! If you are at all interested in this program, DO NOT hesitate as the season has almost come to an end. The state has extended the deadline for applying for Fuel Assistance to May 28th (please note: fuel payments are still only for 11/1/2020-4/30/2021) 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 Recertifications are still being done at the center. If you would like our help with fuel applications, we are scheduling appointments to drop off paperwork/sign forms at the Hudson Senior Center; we can fill out information by phone if you feel more comfortable this way as well.

Please be aware it is taking some time for fuel assistance applications to be processed. Please be patient. 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 to check the status of your application. If your application is incomplete and they need additional information from you in order to complete this, we can assist with mailing/faxing this to them as well.

### **Drug Take Back Kiosk**

The Hudson Police Department is a recipient site for unused and expired medications. Located in the lobby area of the Police Station, 911 Municipal Drive, Hudson (near the Fire Station and DPW Headquarters) there is a kiosk where you can properly dispose of your unwanted medications in a safe manner. The Police Department will then properly dispose of these medications safely and appropriately.

<u>Acceptable Items</u>	<u>Not acceptable items</u>
Prescription medications	Hydrogen Peroxide
Prescription Patches	Inhalers
Prescription ointments	Aerosol Cans
Over the counter Medications	Non-prescription Ointments/Lotions/Liquids
Vitamins	Non-prescription patches
Medications for pets	Needles/sharps
Samples	Thermometers

The Police Station is open 24 hours a day, 7 days a week.

**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**



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

Precisa ajuda com as despesas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 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

**DATAS IMPORTANTES**

Dia 4,11,18 e 25 de Maio – Bingo com Diane Durand lá fora no pavilhão do Elks de Hudson à 1:00 da tarde. Todos devem usar máscara. Telefone para o Senior Center – 978-568-9638 para reservar o seu lugar.

Dia 11 de Maio – **“Grab and Go” Pequeno almoço do Dia das Mães às 9:30 da manhã** 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 e deve usar uma máscara. **Telefone para o Senior Center – 978-568-9638 a partir do dia 4 de Maio para reservar o seu pequeno almoço.**

Dia 21 de Maio– **“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 e deve usar uma máscara. **Telefone para o Senior Center – 978-568-9638 a partir do dia 4 de Maio para reservar o seu almoço.**

Dia 26 de Maio- **“Shredding Day”** Grátis no Senior Center das 11:00 da manhã até 1:00 da tarde. Se tiver documentos que precisem de ser triturados, pode levar até 5 caixas com papel para o Senior Center para serem trituradas. Os agramos nos documentos estão bem. **SÓ PAPEL SEM PLÁSTICO!** Por favor, telefone para 978-568-9638 se estiver interessado no “Shredding Day”.

Dia 27 de Maio – **“Grab and Go” Kit de “Herb Garden”** 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.

**Dia 31 de Maio – O Senior Center estará fechado pelo feriado de “Memorial Day”.**

**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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# HOLLYWOOD Classics



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ALIEN  
AVATAR  
CASABLANCA  
CITIZEN KANE  
DOCTOR ZHIVAGO  
ELF  
E.T.  
FOREST GUMP  
FROZEN  
GHOST  
GONE WITH THE WIND

GREASE  
HOME ALONE  
JAWS  
LION KING  
MARY POPPINS  
PSYCHO  
REAR WINDOW  
ROCKY  
SCHINDLER'S LIST  
SINGIN' IN THE RAIN  
SOME LIKE IT HOT

SOUND OF MUSIC  
STAR WARS  
TAKEN  
THE GODFATHER  
THE SHINING  
THOR  
TITANIC  
UP  
VERTIGO  
WIZARD OF OZ  
X-MEN