

**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



**2019**



**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
- Vinny Giombetti - 978- 562-6343
- 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 (No meetings 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.*



October 2019

## REP. KATE HOGAN'S SENIOR NEWS

Here in Hudson, fall comes with some essential truths: the cider will be delicious, the leaves along the Assabet beautiful – and winter is just around the corner. In working with local seniors, I know first-hand that many of you are starting to think about the cost of heating your home this winter and how it will affect your bottom line. This time of year, it is important to me to highlight the heating assistance resources available to you at the local, regional, and state level. I have provided information below on what these programs do, who they help, and how to apply.

**Low Income Home Energy Assistance Program (LIHEAP):** With LIHEAP assisting some 180,000 residents in past years, the state's landmark fuel assistance program reaches all of our communities. This past spring, I proudly joined my colleagues in the legislature in voting to expand funding for LIHEAP – an important step to keep our seniors warm and safe ahead of our notorious Massachusetts winter season.

**How it works:** Whether you rent or own your home, Massachusetts residents earning below 60 percent of the state median income are eligible for fuel assistance, which is paid as a fixed benefit directly to your heating provider. The benefit covers a wide range of primary heating sources, such as oil, electricity, natural gas, and propane, and includes assistance for residents whose heating costs are included in their rent.

**Next steps:** The South Middlesex Opportunity Council (SMOC) is in charge of administering LIHEAP benefits for Hudson residents. For first-time applications, you will need to apply in-person for the program, which you can do locally at the Hudson Council on Aging (COA) by appointment.

**Weatherization:** Weatherproofing your home against the elements can significantly reduce your energy costs, alongside boosting your comfort this winter. Through SMOC, you can apply for a no-cost energy audit, where weatherization experts will identify key ways to make your home more energy efficient and provide solutions – such as installing wall and pipe insulation and free digital thermostats. Also available to LIHEAP-eligible seniors is the Low Income Weatherization Assistance Program, which provides no-cost home services to make your home more energy efficient and keep the heat in.

**Helpful contacts:** Reach out to SMOC with any questions you may have on LIHEAP or weatherization resources at (508) 620-2318. To set up an appointment to learn more about your LIHEAP eligibility and begin your application, contact the Hudson Senior Center by phone at (978) 568-9638.

The health and safety of my constituents is my top priority as your state representative. If you are at all concerned about paying your heating bill this winter, know that my office is here to help you navigate available resources and programs; call my Maynard office at (978) 897-1333 for assistance.

### Rep. Hogan's Office Hours

- **Maynard Office Hours** will be held on Thursday, October 10th from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard
- **Stow Office Hours** will be held on Tuesday, October 29th from 6 to 7 p.m. at the Randall Public Library, 19 Crescent Street, Stow

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, staff is also available at the District Office on all Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

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

## *Hudson Senior Center News.....from Janice Long*



### *The Fashion Show Returns!*

Fall Fashion Show/Luncheon

Tuesday, October 22<sup>nd</sup> at 12:00 pm

(Doors open at 11:45am) \$10.00 per person

Come join us for an afternoon of fashion provided by TJ Maxx of Hudson modeled by our own members! Lunch will include grilled chicken, rice pilaf, grilled vegetables, Caesar salad, rolls and butter, apple crisp, and coffee, or water.

**\*\* Tickets will be available starting on Tuesday, October 8<sup>th</sup> \*\***



### **Halloween Luncheon**

At the Assabet Technical School Epicurean Room

Tuesday, October 29<sup>th</sup> at 11:30am Cost is \$10

Lunch includes: Warm Rolls, tossed salad, creamy cheddar & chive mashed potato, roasted butternut squash (cubed, not mashed) your choice of broiled halibut topped with tomato basil relish or marinated grilled chicken topped with tomato basil relish and Dessert! (Please bring an extra dollar for the tip). Dress up if you want ☺ *Signs-ups begin on Thursday, October 3<sup>rd</sup>*

### **55+ and Thinking of Making a Move?**

Please join us for a 55 + Housing Forum sponsored by Hudson's Planning and Community Development Department on:  
**Tuesday, October 29<sup>th</sup> 9:30-11:30am at the Hudson Senior Center.**



Deciding whether to stay in our home or move as we get older can be an overwhelming process. The Hudson Council on Aging wants to make it a bit easier by hosting a free 55+ Housing Forum on Tuesday, October 29. The presentation will focus on topics including aging in place, downsizing tips and tricks, finances, supportive services, and navigating the Affordable housing application process. Representatives from the Town Planning Department will be in attendance to answer questions about elderly and supportive housing in town. The 55+ Housing Forum will take place on Tuesday, October 29, 2019 from 9:30 – 11:30 am at the Hudson Council on Aging, 29 Church Street in Hudson. There is no cost to attend and all are welcome. If you have questions regarding the presentation please call our Planning Department at 978-562-2989.

**Please call 978-568-9638 to sign up for this informative presentation.**



**Marlborough Hills Rehabilitation and Health Care Center is sponsoring a FREE lunch for Hudson Seniors on**

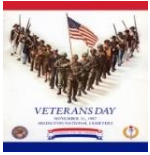
**Tuesday, Nov. 5<sup>th</sup> at 12 noon**

*(Limited to 50 people)*

**Their chef is preparing the following feast for us:**



Garden salad, garlic bread knots, chicken broccoli alfredo with penne pasta, white wine garlic butter sauce with vegetables and bow tie pasta, sweet sausage marinara with fusilli pasta and Tiramisu for dessert. This is truly a treat! **Sign-ups begin on Tuesday, October 8<sup>th</sup>!**



**The Hudson Senior Center is happy to sponsor a FREE  
Veterans Breakfast Thursday, Nov 5<sup>th</sup> at 9am (Veterans only) at  
the Epicurean Room at Assabet Technical High School**

Breakfast includes: Assorted breakfast pastry, omelet station, waffle station with fruit topping, home fried potatoes, bacon and sausage, juice, coffee and bottled water.

**(Limited to 50 Veterans) You must sign up for this please call 978-568-9638 for your reservation.**

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**“Joy of Oil” Painting returns with Jane Harrington**

**Classes start Tuesday, October 8<sup>th</sup> at 1:00-2:30pm**

Together, paint from nature, landscape paintings, still life, and “plein air” painting; the act of painting outdoors. Jane can help you with “How-To” on color and composition, blending and shadow and texture techniques. Bring your own supplies - Cost \$10.00 paid to Jane directly. For the instructor’s bio please refer to: [www.piecesfurniture.com](http://www.piecesfurniture.com) Jane Harrington, owner of Pieces Hand Painted Furniture has been painting and designing furniture for the last 25 years for the interior design trade.

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***Medicare Open Enrollment is from October 15<sup>th</sup> to December 7<sup>th</sup>.***

This year your SHINE appointment for Open Enrollment, with Holly, Ana or Janice, may be longer. This is due to changes CMS (Centers for Medicare and Medicaid Services) made to the Official Medicare website and plan finder tool. SHINE Counselors use this tool to inform Medicare beneficiaries of their plan’s specific information.

Medicare would like you to create a Medicare Account which will require a user name and password. Creating a Medicare Account is the only way you can do a “personalized search”. A “personalized search” will save information like your current medication list, prescription drug plan and health plan. This is the only way you can save your information and make the task of plan comparisons easier.

If you do not want to create a Medicare Account, you can still get information by doing a “generalized search”. The “generalized search” allows you to list your medications compare plans and enroll, but it will not save your information. In the future if you need to check or change your health or prescription drug plan you will have to enter everything again. This is more time consuming and challenging when comparing plans.

If you already have a Medicare Account, please remember to bring in your username and password for your appointment with us. If you would like us to help you create a Medicare Account we can do that during your appointment time. For your SHINE appointment at the Hudson Senior Center please bring in your new Medicare card, health and drug insurance cards and a list of your medications that include the dosage of medications and quantity. If you ask your pharmacy for a current prescription drug list for the past 6 months it will include this information.

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**Important Reminder:**

- The Center will be closed on Monday, October 14<sup>th</sup> for Columbus Day.
- No congregate meals on Thursday, Oct 31, 2019
- Please support the Friends Fall Fair on Saturday, November 2<sup>nd</sup> with a great addition of Psychics and Mediums this Year!!

Bye for now.....*Janice* ☺





The time has finally come to update and review your insurance for the year 2020. This period of time is called the Open Enrollment Period. PLEASE see Janice Long's page for NEW updates and changes to the Medicare website which affects how we access your information, and how we are able to assist you during this time.

As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. The Open Enrollment Period is from October 15<sup>th</sup> through December 7<sup>th</sup> each year. This is the time that you can make any changes to your plan for the following year in 2020.

If you are interested in having your insurance reviewed for next year, please contact your local SHINE department. The Hudson SHINE counselors can be reached at 978-568-9638. Please take notice that we are unable to take walk-in appointments for this as it is a very busy time! Please call or leave the pre-enrollment form for us so we can call you back to schedule an appointment.

Enclosed in this newsletter is the Pre-Enrollment form, which we will include in the newsletter for October, November and December as well. By using this form, it gives us your contact information, and allows you to write your list of medications and doctors before we meet with you in person. This allows us to get accurate information from you beforehand, but also allows us to prepare for our meeting with you. It would be greatly appreciated if you could submit these prior to our appointment, or bring it with you when you come in so we have your updated information.

**FUEL ASSISTANCE UPDATE:** SMOC has changed the dates of when a person can apply for fuel assistance. NEW applicants are now able to apply TODAY instead of having to wait until November 1 to get this application. If you or someone you know is interested, you can now contact us earlier in the heating season to apply for assistance. Call 978-568-9638 to see if you are eligible for this benefit.

Thank you, and see you soon!

## **INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**

**O MEU HORÁRIO SERÁ DE SEGUNDAS ÀS SEXTAS DAS 9:00 DA MANHÃ ÀS 3:00 DA TARDE.**

**O NÚMERO DE TELEFONE É 978-568-9638 EXT.16**

### **MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”**

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2019, para ser efectivo no dia 1 de Janeiro de 2020.

Se precisar de ajuda, telefone 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 2019 até o dia 30 de Abril de 2020.

<b>Número de Pessoas na Família</b>	<b>Rendimento</b>
1	\$37,360
2	\$48,855
3	\$60,351

Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

### **DATAS IMPORTANTES**

Dia 8 de Outubro – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 9 de Outubro – Consulta grátis sobre com o Advogado Bergeron às 1:00 da tarde. Telefone para marcar um apontamento.

**Dia 14 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”**

Dia 22 de Outubro - Fashion Show” no Senior Center ao meio-dia (Portas vão abrir às 11:45). Almoço e apresentação de moda do TJMaxx. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center a partir do dia 8 de Outubro.

Dia 26 de Outubro – Clínica grátis de vacinação contra a gripe no Liceu de Hudson das 9:30 às 12:00 da tarde. Informação sobre a clínica no Senior Center ou através do site: [bit.ly/hudsonfluclinic2019](http://bit.ly/hudsonfluclinic2019)

Dia 29 de Outubro – Almoço do “Halloween” às 11:30 da manhã no “Assabet Valley Technical School” em Marlborough. O custo é \$10.00 por pessoa. Bilhetes a no Senior Center a partir do dia 3 de Outubro.

**Dia 2 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson. Tartes de maçã podem ser encomendas até o dia 30 de Outubro e o custo é \$8.00 por tarte.**

Dia 5 de Novembro – Almoço grátis patrocinado pelo “Marlborough Hills Rehabilitation” em Marlborough no Hudson Senior Center ao Meio-dia. Limitado a 50 pessoas. Telefone para marcar o seu lugar a partir do dia 8 de Outubro.

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

## Message from the Friends...

**Next Friends Meeting: Tuesday, October 8<sup>th</sup> at 9:30am**

### **We need you help.....Join the Friends!!!**

The Friends of the Hudson Senior Center is a nonprofit organization that raises funds to provide items and activities for the Senior Center and Hudson Seniors beyond what is provided by the Town of Hudson. The Friends of the Hudson Senior Center is reaching out to Hudson and surrounding area residents to garner new participation and involvement at our monthly meetings. There is no age requirement to be a Friend of Hudson Seniors and the present Friends members are great! We are looking for new ideas to improve our annual fair, fundraisers and fun activities at our beautifully renovated center. Meetings last less than an hour and commitments are not time consuming on a long-term basis. Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am at the Hudson Senior Center.



## **Hudson Senior Center Fall Fair**

**Saturday, November 2<sup>nd</sup>, 9am – 2pm**  
**at the Hudson Senior Center**



**\*\*NEW THIS YEAR.... 15 min Readings for \$15 from a Medium and a Psychic\*\***

Crafts, baked goods, quilts made by our talented quilters, crafty painted items by our talented painters, beautifully knitted and crocheted items,  
Holiday items, Raffles and much more.

### **Donated items and Baked Goods are needed for our Annual Fair**



The Hudson Senior Center would greatly appreciate donated items for the fall fair such as crafts, knitted or quilted items, baby items, holiday decorations such as wreaths, wall hangings or centerpieces and themed baskets for our basket raffles. If you would like to bake something we ask that you bring your baked goods in by Friday, November 1<sup>st</sup>. If you need to bring baked goods in earlier, we can put them in our freezer. Breads, cookies, coffee cakes, Irish breads etc. are all welcome at our fair. Everyone loves the Baked Goods Table! *Let's work together and make this another successful event. We truly appreciate your time and talents!*

### ***Calling all Pie People***

The Friends of Hudson Seniors are looking for volunteers to make homemade apple pies to sell at the Saturday, Nov. 2<sup>nd</sup> Fair. Pie making day is **Thursday, October 31<sup>st</sup> at 10:30 am** at our center. Please call 978-568-9638 if you want to volunteer and have some fun. We are also asking that you bring your own bowl, rolling pin and apple peelers.



**\*\*\* If you would like a frozen pie, please call the center to place your order by Wednesday, October 30<sup>th</sup>. Frozen and baked pies will be \$8.00 each. We will see you at the Fair!**

### **3 Great Raffles for you...**

- 1.Brand New Cordless Dyson Animal V8 upright Vacuum**

1 ticket for \$5.00 or 3 tickets for \$10.00

- 2. A Beautiful 47"x 54" size Quilt**

1 ticket for \$2.00 or 3 tickets for \$5.00.

- 3. Queen size crocheted Aphgan**

1 ticket for \$2 or 3 for \$5



We have put the raffle tickets in this newsletter and you can mail them to: **Hudson Senior Center 29 Church St. Hudson MA 01749** or you can buy them at the front desk!



THE HUDSON HEALTH DEPARTMENT, HUDSON MRC,  
AND AFC URGENT CARE ARE HAPPY TO HOST

## Hudson's Annual **FLU CLINIC**

**HUDSON HIGH SCHOOL (69 BRIGHAM ST)  
OCTOBER 26TH, 2019  
9:30AM-12PM**

REGISTRATION REQUIRED AT:

[bit.ly/hudsonfluclinic2019](http://bit.ly/hudsonfluclinic2019)

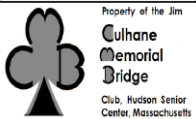
OPEN TO ALL AGES 3 YEARS AND ABOVE

BRING YOUR INSURANCE CARD

PLEASE NOTE: VACCINE IS STILL AVAILABLE TO YOU, EVEN IF YOU DO NOT HAVE INSURANCE.

**\*FREE \$10 GIFT CARD TO THE APEX CENTER WITH FLU SHOT!  
COURTESY OF AFC URGENT CARE**

**Please join the Jim Culhane Memorial Bridge group at the Hudson Senior Center  
October 7<sup>th</sup> & 28<sup>th</sup> from 6:00 PM to 8:45 PM.**



We will have a power-point session by Edward Jeffrey Newcombe, then 2+ hours of bidding and playing. It is organized in “duplicate” style, in a relaxed, friendly and informal setting. The card fee is \$5/ person for players; but, visitors are very welcome to observe at no charge. There are plenty of seats. For more information or questions please contact Edward at [EJNewcombe@msn.com](mailto:EJNewcombe@msn.com)

### **“Mobile Library” at the Center Monday, October 7<sup>th</sup> at 10am**



Look for our “Mobile Library” every second Monday of the month our traveling library will head to the Hudson Senior Center for people to check out books, DVDs, Books on CD, Playaways, and more. You can also bring in your books that you would like to return!



### **“VETS TALK”**

A program for Veterans

Please join us at the Senior Center for talk, coffee and pastries on...

**Thursday, October 10<sup>th</sup> & 24<sup>th</sup> at 9am**



Vets Talk is a chance for only veterans to get together to talk about what’s going on in the world or anything else that comes to mind over coffee. There’s no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.





## Assabet Technical High School's Tech Savvy students are back again to answer your technology questions

**Wednesday, November 6<sup>th</sup> at 10am**

Mr. Steven Pleau, Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails and Facebook and much more. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**

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## **"Before and After" Image Review and Critique** **Assabet Valley Camera Club Program**

Anyone interested in photography and expanding their pictorial skills is welcome to attend the next meeting of the Assabet Valley Camera Club (AVCC) on **Wednesday, October 2<sup>nd</sup>**. Following a short business meeting, the evening's program will feature a *"Before and After" Image Review and Critique*. Raw images taken directly from the camera will be presented alongside the final images that were entered into monthly competitions. Commentary will be provided regarding what the photographer did to improve each image in terms of compositional and technical adjustments to create an impactful photograph.

Assabet Valley Camera Club, now in its thirty-fourth year as a Hudson-based photography organization, meets the 1st. and 3rd. Wednesday of the month from September through early June. Currently AVCC has over 50 members of all ages, with both amateur and professional experience, from 15 different communities in the greater Metro West area.

AVCC meetings are held in the Great Room at the Hudson Senior Center, 29 Church Street, Hudson, and officially begin at 7:30 PM. The first meeting of the month generally features a program designed to instruct and/or to entertain camera enthusiasts. During the second monthly meeting, member competitions of both print and digital images are judged and critiqued by qualified individuals. Assabet Valley Camera Club, a member of both the New England Camera Club Council and the Photographic Society of America, also participates in interclub competitions on regional, national and international levels.

The presentation is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Members benefit from the hands-on experiences, from the knowledge presented in programs, and from having their work critiqued. For more information check out the AVCC website at [assabetvalleycc.com](http://assabetvalleycc.com) or contact John Gill, club president, at 978-293-5192.

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## **Some interesting happenings at the Hudson Public Library!**

- **Saturday, October 5<sup>th</sup> at 2pm:** **Roger Tincknett presents 'Songs of the Civil War'**  
The program is presented chronologically beginning with songs from the Underground Railroad, and Abolitionist movement, continuing with marching songs chosen alternately from both sides. The program is performed on guitar, banjo, mandolin and harmonica.
- **Saturday, October 19<sup>th</sup> at 2pm:** **The Victorian Lady presents the 1860's**  
Kandie Cale, the Victorian Lady, while dressing in actual vintage and authentically reproduced undergarments, clothing and accessories, Kandie Carle adds humor, history and intriguing anecdotes about fashion, home life and etiquette of men and women during the 1860's, Civil War era.



## Legal Clinics with Arthur Bergeron

**Tuesday, October 15<sup>th</sup> at 1pm**

**Getting the Help You Need to Stay Independent:** What will it take to keep your independence in your community? Perhaps, a little help from your kids? Maybe a lot of help from a local agency? A few home modifications? Will you need to move to a new “home” where more services are available? Join elder law attorney Arthur Bergeron and his guests, a local geriatric care manager and a representative from your regional elder services agency, as they explain the options available within your community.

**Tuesday, November 19<sup>th</sup> at 1pm**

**Making the Last Year of Your Life as Good as it Can Be:** Oftentimes, prior to death, seniors start to decline in the last year or so of their lives. The good news is that with modern medical technology, doctors are now able to detect a decline in health well in advance. How do we plan to make this remaining time as good as it can be? Join elder law attorney Arthur Bergeron and his guests, including a geriatric care manager and other professionals in your area, as they discuss the options available within your community.

*You must sign up for these clinics by the week before*



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 DURING THE LAST YEAR OF YOUR LIFE

Thanks to modern technology and medical advances, the chances of detection of a chronic illness are much greater than they were say in the 1970s; the likelihood of living a bit longer and enjoying that extra time also outweighs that of the past. So, why not make the most of the time you have left!

In a set of seminars this fall, which I am calling MAKING THE MOST OF THE LAST YEAR OF YOUR LIFE, I am inviting doctors, geriatric care managers and others in elder services to talk about the many things you may want to consider to make that last year as good as it can be. If you or someone you know (or their caregiver) is at that point in life, here are some legal tips you may want to consider:

- **Give things away.** I often joke that, rather than give things away after you die, you should give things away now, so your friends and relatives can get to say thank you, and you can get to hear it. If your asset value is over \$1 Million, you can also save on Massachusetts estate tax this way. There is no gift tax (unless you are giving and have given over \$11.4 Million), and every dollar you give away, even if you do it the day before you die, will reduce your taxable estate, and therefore your estate tax, thereby reducing the amount you would otherwise inadvertently give to the Massachusetts Department of Revenue.
- **Structure things to avoid probate.** Give your family a break, help them avoid the time and expense of the probate process, usually by making sure that any asset that would otherwise have to go through probate (your car, your house, bank accounts without a named death beneficiary) will instead pass directly to the people to whom you want to give them. You can typically do that by making sure the property is held jointly with the person to whom you want to give it, or by using a “payable on death” designation to name a beneficiary, or by putting the property into a revocable trust. If you have ever been on MassHealth, even if you are not on it now, structuring things this way can help you avoid any claim that MassHealth might have against your probate assets.
- **Have an appropriate Health Care Proxy and Durable Power of Attorney**, so your wishes can be carried out no matter how you are feeling during that last year.
- **Have a MOLST** (Medical Orders for Life Sustaining Treatment) form. Do you want to die at home? If so, make sure the MOLST directs that you not be taken to the hospital. Do you want artificial resuscitation? You get to decide, if it's in the MOLST form. Now go ahead, have that bowl of ice cream and the extra piece of chocolate cake. Live a little! If you need more information on this, you can contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com). You can also view my 10-minute Q&A Fireside Chats on Frank and the extra piece of chocolate cake. Chats on Frank and Mary's YouTube Channel, [www.youtube.com/elderlawfrankmary](http://www.youtube.com/elderlawfrankmary) and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row.”

## DayBreak Now 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.



***\*\* Days/Hours Changes \*\****

### **Hudson Senior Center Gift Shoppe** **Hours**

Wednesdays 9:30am until 12:30pm

Thursdays 9:30am until 12:30pm

Friday 9:30am -12:00pm

**\*WE ARE NOT ACCEPTING  
CHRISTMAS CARDS AT THIS TIME\***



**Scrabble on Fridays at  
12:15pm!**

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



**Calling all Bingo players!**  
**Games start at 12:30pm**  
**Mondays and Wednesdays!**



### *Genealogy Family Research with Charles Corley* *Wednesday, October 16<sup>th</sup> at 10:30am*

Genealogy class is open to everyone who is interested in researching their ancestry.  
Beginners welcome!

### **Painting Classes**

#### **Open Painting Studio:**

Tuesdays at 10am -1pm in the craft room.

#### **Joy of Oil:**

**Tuesdays at 1pm- Beginning October 8<sup>th</sup>**

Cost \$10.00 paid directly to the instructor.



#### **Water Color Class**

**Wednesdays 10 am to 12 noon**

Cost: \$6.00 per class paid directly to the instructor. Class on the 2<sup>nd</sup> floor in the Craft Room.



### **Volunteers Needed for Tax Preparation**

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15<sup>th</sup>. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to < <https://aarp.org/taxaide> >.



## Assabet Valley Camera Club

Please visit their website [www.assabetvalleycc.com](http://www.assabetvalleycc.com)

**1st & 3rd Wednesday**

## Stress Reduction with Qigong Class

Classes meet on Tuesdays  
from 9:30am to 10:30am

*Sign up at the front desk*

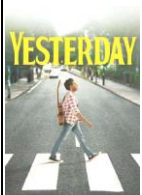
## FRIENDS MEETING ~ Tuesday, October 8<sup>th</sup> at 9:30am

### Tuesday is "Movie Day" at the Center

Here is the listing of movies for October.  
Come and join us at 12:30pm for the  
following movies:



#### October 8<sup>th</sup> – Yesterday



A bus accident knocks out aspiring singer-songwriter Jack Malik. Upon waking up, he discovers that he's living in a world where The Beatles never existed. As a result, he's able to pass off their songs as his own.

*Rating: PG-13 Runtime: 1hr 56min*

#### October 15<sup>th</sup> – Poms



After moving to a retirement community, a woman is inspired to relive her high school days and start a cheerleading team with the fellow residents. The team takes off, but a shocking secret about the captain threatens to derail their training in this comedy film. Starring Diane Keaton and Rhea Perlman.

*Rating: PG-13 Runtime: 1 hr 31min*

### Pool Room

Come play on our 2 beautiful pool tables  
Monday-Friday.

Open play except on Monday & Wednesday  
from 10am-12pm for the Senior Pool League.

### Knit and Crochet

#### Mondays at 9:30am

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

### Experienced Line Dancing

Every Monday at 10am.

Cost is \$3.00 paid to the instructor.  
Please call 978-568-9638 to enroll

### Blood Pressure

Come in every Thursday from 9:30-11am  
and have your blood pressure checked at  
our Senior Center.

No appointment necessary ☺ ☺

### The Podiatrist

#### Monday, October 21, 2019

Starting at 9am.

Please call for an appointment at  
978-568-9638



### The Senior Center Lending Library

appreciates all of the donations made to our  
Library. However, at this time, we NO longer  
are accepting books with a **Copyright date before 2009.**

A special thank you to all of the volunteers  
**Check out our new Large Print section!**

### SILVER THREADS QUILTING GROUP

*Thursdays & Fridays at 10am!*

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

## **Fiscal year 2020 Fitness Programs**

### **AM Fitness 3 Mornings a week Cost: \$12/month for all 3 classes**

- Monday mornings 8:30am Cardio and Weights
- Tuesday mornings 8:30am Cardio
- Thursday mornings 8:30am Cardio and Weights

### **PM Fitness 3 Evenings a week Cost: \$12/month for all 3 classes**

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

### **AM Yoga: Wednesday mornings 8:30am. Cost: \$10.00 per month**

This gentle yoga class includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

### **PM Yoga: Wednesday evenings 5:30pm. Cost: \$5.00 per class paid to instructor**

**Flex and Tone: Wednesdays at 9:30am Cost: \$5.00 per month** This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility.

### **Stretch Break : Fridays at 9am : *\*\*October 4<sup>th</sup> class will be at 8:30am\*\****

**Cost is \$5.00/month or Free if you are taking 3 or more fitness classes**

This 45 minute class will consist of mat-based stretches for the entire body. If you find yourself sitting a lot during the day, weak lower back, tight chest and neck soreness, this is the class for you. This class will help you to become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

**Stress Reduction With Qigong Class: Tuesdays at 9:30am. Cost is \$3.00 per class, payable to the instructor.** Are you interested in reducing the stress in your life and in better coping with the day-to-day activities making demands on your time? This class may be right for you. The class utilizes both a western approach based on the work of Dr. Herbert Benson, of Harvard University, and Dr. Jon Kabat-Zinn, of UMass, in combination with simple, easy to learn Chinese Qigong exercises.

### **Zumba : Thursday at 11:00am Cost is \$10.00 per month.**

Zumba Your Way: Zumba dance to a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way!

### **Chair Pilates: Mondays at 9:30am & Fridays 11:15am Cost: \$12.00 per month**

Chair Pilates takes the benefits of pilates with the help of a chair for those who have trouble getting on and off the floor. The class is designed to restore strength and balance in the core retraining the body to function more effectively. Give this a try and meet Jennifer Davidson certified yoga / pilates instructor and massage therapist.

### **Fitness program designed for Parkinson's but works for everyone:**

**Tuesdays at 10:40am and Thursdays at 1pm      *\*\*No Class Oct. 1<sup>st</sup> & 3<sup>rd</sup>\*\****

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.

### **Chair Yoga : Wednesdays at 2pm Cost is \$10 per month**

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses and flows along with a modified sun salutation using the chair for support. This Yoga class offers mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability.



## Hudson Senior Center Trips 2019



**\*New\* Thursday, November 7<sup>th</sup>: MGM Springfield Casino**

**\*\*tickets on sale beginning Thursday, Oct 3<sup>rd</sup> \*\***



2,550 slots, 120 gaming tables, including poker, a luxury cinema, entertainment, shopping, spa experiences and a diverse food and beverage portfolio awaits you in the new 125,000 sf. MGM Springfield. Spend the day enjoying all that this magnificent venue has to offer including an exciting outdoor space with markets and vendors. \$10 food credit and \$20 slot play. **\*\*All Passengers need to provide names, address and date of birth by October 24<sup>th</sup> in order to have all MGM cards ready for you when bus arrives at the casino.**

**Price: \$25.00 pp**

**Wednesday, December 4<sup>th</sup> Salem Cross Inn w/ Yankee Candle and Bright Lights (Wait list only)**

Enjoy a luncheon at the Salem Cross Inn, a restored 18<sup>th</sup> century farmhouse nestled in 600 acres of New England countryside. Entrée choices of Roast Pork Loin w/ pan gravy or Classic Yankee Pot Roast and includes soup du jour, rolls, bread, vegetable, potato, dessert and coffee/tea. Then it's on to one of New England's most popular attractions, Yankee Candle where you can visit the Bavarian Village, Alpine Holiday town, the Waterfall Courtyard and Nutcracker Castle. Finish your day with a riding tour of Bright Nights in Springfield, MA and enjoy the spectacular holiday light display. **Price includes luncheon, transportation and driver gratuity!**

**Price: \$99. 00 pp**

**Tuesday, December 31<sup>st</sup> An American Bandstand New Year's Eve Day**

Enjoy the repertoire of the Tom LaMark Orchestra that cover over 60 years of great line dances, to the best of American bandstand from the 50's, 60's, 70's and 80's. Trip includes transportation to Lake Pearl in Wrentham, Ma, luncheon, gratuity, entertainment, party favors and a champagne toast. Luncheon will include your choice of Sliced Steak or Baked Stuffed Chicken Breast or Baked Scrod accompanied by salad, roasted red bliss potato, vegetable, NY style cheesecake, rolls and coffee or tea.

**Price: \$89.00pp**

**\*New\* May 15<sup>th</sup> – 22<sup>nd</sup> Boston to Bermuda Cruise**

Board the Norwegian Gem out of Boston and discover the quaint neighborhoods and pristine pink beaches of Bermuda. This trip includes roundtrip transfers, 8day/7night cruise, Beverage package, Luggage handling fees plus much more!! Full payment is due by January 4<sup>th</sup>. *Book a balcony cabin by November 1<sup>st</sup> and get 1 category upgrade and special on board credit.*

**Price: starting at \$1199pp**

**Tropical Costa Rica: April 25- May 3 2020**

**Book Now & Save \$100 Per Person: Double \$2,499\* Single \$2,999; Triple \$2,469 for bookings before 10/25/19.** For bookings made after Oct 25, 2019 call for rates. (price reflects the \$100 savings) Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person



**Highlights:** San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Choice on Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero

**Rome & the Amalfi Coast : October 29 – November 7, 2020**

**Book Now & Save \$200 Per Person: Double \$3,599\* Single \$3,899 Triple \$3,549.** For bookings made after Apr 30, 2020 call for rates. ( prices reflect \$200 savings) Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person.



- In Minori, sample some of the local specialties at a family-owned limoncello factory.
- Enjoy a tasting and lunch at a local winery at the foot of Mount Vesuvius.

- Discover the amazing mountaintop monastery of Montecassino.
- Tour a buffalo milk mozzarella factory.
- Visit the fascinating National Archaeological Museum in Naples.

- Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the spectacular Colosseum.
- Visit the seaside resort town of Sorrento.
- Discover the excavated ruins of Pompeii at the foothills of Mount Vesuvius.

***Informational Flyers available at the front desk***

## Transportation News...

### Do not forget about Food Shopping days!

Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live. Pick-ups begin at 10am.



**Tuesdays** choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

**Thursdays** is Market Basket.

To sign up, please call 978-568-9638 the day before. Limited to 13 people.

### Another cold lunch option at our center...just for you!

BayPath is now offering cold lunches every day at our center. In order to participate you need to sign up at least the day before (before 12:30pm) at the center with the kitchen staff or call the center 978-568-9638 and ask for the kitchen ext. 14 and leave a message. Cost is a \$3.00 donation. If you are busy at the center with activities and its lunch time, this is a great option to pick up a quick meal with your friends!

### Cold Menu October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	10/1	2-Oct	3-Oct	4-Oct
	Sliced Turkey Breast Quinoa w/Roasted Veggies Sesame Cucumber Salad	Chef's Salad Roasted Potato Salad Mixed Fruit	Tortellini & Turkey Salad Beet & Onion Salad Broccoli Salad	Bourbon Chicken Salad Chick Pea & Cilantro Salad Roman Blend Veg Salad
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Cilantro Chicken Corn & Black Bean Salad Sesame Cucumber Salad	Turkey Cranberry Salad Wild Rice Salad Broccoli Salad	Mixed Greens w/Salmon Tangy 4 Bean Salad Peaches	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Egg Salad Potato Salad Pineapple
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Roast Beef Mediterranean Rice Salad Beet & Onion Salad	Ranch Chicken Chick Pea & Cilantro Salad Roman Blend Veg Salad	Egg Salad Potato Salad Tropical Fruit	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Tuna Salad New Pasta Salad Cole Slaw
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Tortellini & Turkey Salad Chick Pea & Cilantro Salad Broccoli Salad	Cheese Omelet Hash Browns Pineapple	Chicken Caesar Salad Potato Salad Mixed Fruit	Turkey Cranberry Salad New Pasta Salad Carrot & Raisin Salad	Chef's Salad Roasted Potato Salad Beet & Onion Salad
28-Oct	29-Oct	30-Oct	31-Oct	
Ranch Chicken Salad Orzo & Spinach Salad Carrot & Pineapple Salad	Ham Salad Pasta Salad Roman Blend Veg Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Egg Salad Roasted Vegetables Chick Pea & Cilantro Salad	

### What's Going on...

- **Senior Center Closed:** Monday, October 14<sup>th</sup>
- **Hudson Mobile Library:** Mon, Oct 7<sup>th</sup> at 10am
- **Beg. Duplicate Bridge:** Mon, Oct 7<sup>th</sup> & 25<sup>th</sup> at 6pm
- **Friends Meeting:** Tuesday, Oct 8<sup>th</sup> at 9:30am
- **Hearing Clinic:** Tues. Oct 8<sup>th</sup> at 9:30am by appt only
- **Movie Day:** Tuesday, Oct 8<sup>th</sup> & 15<sup>th</sup> at 12:30pm
- **Atty Bergeron Advice:** Wed Oct 9<sup>th</sup> by 1pm-3pm appt only
- **Vets Talk:** Thursday, Oct 10<sup>th</sup> & 24<sup>th</sup> at 9am
- **Genealogy:** Wednesday, Oct 16<sup>th</sup> at 10:30am
- **Podiatrist:** Monday, Oct 21<sup>st</sup> by appt only
- **Housing Forum:** Tuesday, October 29th 9:30-11:30am
- **Halloween Lunch at the Assabet:** Tues, Oct 29th at 11:30am
- **FREE Lunch sponsored by Marlborough Hills:** Tuesday, Nov. 5th at 12 noon
- **Tech Savvy:** Wednesday, Nov 6<sup>th</sup> at 10am
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Joy of Oil:** Tuesdays at 1pm beginning Oct 8<sup>th</sup>
- **Gift Shoppe:** OPEN Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm and Fridays 9:30-12:00pm
- **Chess Club:** meeting every Tues at 1pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:** Wed. 10a –12 noon
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am - 2:30pm
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month



**The Hudson Senior Center Bus** begins running at 8am and ends at 3:30pm between Hudson and Marlborough Mon –Fri. **Call 978-568-9638 the day before** your schedule appointments and call 2 days before appointments if you need **the wheel chair lift**. This is a **FREE** service but donations are greatly appreciated! Give us a call ☺

**Come play chess at  
The Hudson Senior Center**  
Chess Tuesdays are at 1 pm at the Hudson Senior Center. All levels are welcome. ***Come on down!***

**Free Legal Advice with  
Attorney Bergeron**  
*15 minutes of Free Advice*

**Wednesday, October 9<sup>th</sup>**  
1pm-3pm~by appointment only



**All musicians wanted**  
If you play an instrument come to the Senior Center on Fridays and join our Music Jam Session at 11:30am! It is very entertaining! All are welcome. **PLEASE COME AND SHARE YOUR TALENT.**

**Hearing Clinic**  
**Tuesday, October 8<sup>th</sup>**

Starting at 9:30am  
With Michael Drennan from  
Rogers Hearing Solutions  
Call 978-568-9638 for an appointment

To cancel please call: 508-573-7246

Holliston, Hopkinton, Dover, Sherborn October 2019 Hudson, Natick, Sudbury, Wayland, Ashland

Menu Subject to C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Na+	2 Na+	3 Na+	4 Na+
<i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i>	Homestyle Drumstick 450	Split Pea Soup 96	Chicken and Corn Stew 265	BBQ Beef Patty 282
	Red Bliss Potatoes 4	Roast Pork w/Rosemary Gravy 156	Carrots 43	Mac and Cheese 195
	Broccoli 10	Garlic Mashed Potatoes 66	Wheat Bread 170	California Blend Veg 22
	Multigrain Bread 164	Italian Bread 230	Mandarin Oranges 7	Hamburger Bun 230
	Chocolate Chip Cookie 160	Fresh Fruit 1		Vanilla Yogurt 50
	Diet: Chocolate Grahams 95			
	Total Sodium (mg): 913	Total Sodium (mg): 674	Total Sodium (mg): 610	Total Sodium (mg): 904
	Calories: 773	Calories: 656	Calories: 468	Calories: 733
7 Na+	8 Na+	9 Na+	10 Na+	11 Na+
Swedish Meatballs 220	Lentil & Kale Soup 352	Beef & Pork Meat Pie 297	Butternut Bisque 149	Turkey Breast w/Gravy 389
Egg Noodles 4	Grilled Chicken Cacciatore 426	Beef Gravy 85	Potato Pollock w/Tartar Sce 373	Stuffing 316
Scandanavian Blend 61	Penne Pasta 1	Brussels Sprouts 12	Au Gratin Potatoes 132	Green Beans 3
Marble Rye 127	Wheat Dinner Roll 105	Wheat Dinner Roll 105	Wheat Bread 170	Multigrain Bread 164
Pineapple 1	Fresh Fruit 1	Cran-Orange Snack n Loaf 120	Spice Cake 245	Applesauce 0
		D: Apple Cinn Grahams 85	D: 1/2 portion cake 123	
Total Sodium (mg): 538	Total Sodium (mg): ###	Total Sodium (mg): 744	Total Sodium (mg): 1194	Total Sodium (mg): 997
Calories: 607	Calories: 589	Calories: 787	Calories: 890	Calories: 588
14 Columbus Day Na+	15 Na+	16 Na+	17 Na+	18 Na+
	BBQ Pulled Pork 389	Chicken Jambalaya 310	Mulligatawny Soup 153	Stuffed Cabbage Casserole 301
	Baked Beans 152	Brown Rice 5	Chicken w/Supreme Sce 366	Carrots 43
	Corn 1	Broccoli 10	Boiled Red Bliss Potatoes 4	Pumpnickel Bread 155
	Hamburger Roll 230	Multigrain Bread 164	Wheat Bread 170	Fruit Yogurt 75
	Fresh Fruit 1	Mixed Fruit 10	Almond Cookie 181	
			D: Lorna Doones 100	
No Meals Served	Total Sodium (mg): 898	Total Sodium (mg): 624	Total Sodium (mg): 999	Total Sodium (mg): 699
	Calories: 642	Calories: 589	Calories: 705	Calories: 602
21 Na+	22 Na+	23 Na+	24 SPECIAL/High Na+ Na+	25 Na+
Minestrone Soup 152	Broccoli Bake 482	Vegetable Barley Soup 257	*Chicken Cordon Bleu 764	Meatloaf w/Jardinere Gravy 284
Haddock w/Lemon Picatta Sce 300	Home Fries 5	Glazed Chicken Drumstick 290	Chicken Gravy 28	Sour Cream&Chive mashed 92
Orzo Pilaf w/Spinach 57	Stewed Tomatoes 150	Chantilly Potatoes 238	Wild Rice Pilaf 140	Mixed Vegetables 88
Multigrain Bread 164	Italian Bread 230	Wheat Bread 170	Creamed Spinach 55	Multigrain Bread 164
Tropical Fruit 10	Diced Peaches 5	Fresh Fruit 1	Dinner Roll 132	Blueberry Snack N Loaf 160
			Chocolate Brownie 149	D: Lorna Doones 100
			D: 1/2 brownie 75	
Total Sodium (mg): 808	Total Sodium (mg): 997	Total Sodium (mg): 1081	Total Sodium (mg): 1393	Total Sodium (mg): 913
Calories: 576	Calories: 681	Calories: 670	Calories: 919	Calories: 915
28 Na+	29 High Na+ Na+	30 Na+	31 Na+	Meals are based on a
Beef Bolognese 223	Autumn Harvest Soup 162	Turkey Tetrizzini 514	Pork w/Apple Berry Sauce 78	No Added Salt diet
Ziti Pasta 1	*Mediterranean Gr Chicken 517	Egg Noodles 4	Cinnamon Sweet Potatoes 33	(3,000-4,000mg)
Genoa Blend 45	Cous Cous w/Red pepper 45	Brussels Sprouts 12	Cauliflower 14	for healthy older adults.
Wheat Bread 170	Multigrain Bread 164	Dinner Roll 132	Wheat Bread 170	Higher sodium items are
Applesauce 0	Lemon Cake 215	Fruit Yogurt 75	Diced Pears 5	marked with an asterisk*
	D: 1/2 portion cake 107			(>500mg)
Total Sodium (mg): 564	Total Sodium (mg): ###	Total Sodium (mg): 862	Total Sodium (mg): 425	All Meals include 1% Milk:
Calories: 639	Calories: 788	Calories: 570	Calories: 613	110 Calories, 125mg Sodium

<p align="center"><b>Hudson Senior Center Friends' Fall Fair QUILT</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p>	<p align="center"><b>Hudson Senior Center Friends' Fall Fair DYSON VACUUM</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center"><i>Tickets: Tickets: 1 for \$5 or 3 for \$10</i></p>			
<p align="center"><b>Hudson Senior Center Friends' Fall Fair QUILT</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p>	<p align="center"><b>Hudson Senior Center Friends' Fall Fair DYSON VACUUM</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$5 or 3 for \$10</p>			
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<p align="center"><b>Hudson Senior Center Friends' Fall Fair CROCHETED APHGAN</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p>	<p align="center"><b>Hudson Senior Center Friends' Fall Fair CROCHETED APHGAN</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p>			
<table border="1"> <tr> <td data-bbox="61 1612 406 2032"></td> <td data-bbox="406 1612 1079 2032"> <p align="center"><b>Hudson Senior Center Friends' Fall Fair CROCHETED APHGAN</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p> </td> <td data-bbox="1079 1612 1555 2032"></td> </tr> </table>			<p align="center"><b>Hudson Senior Center Friends' Fall Fair CROCHETED APHGAN</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p>	
	<p align="center"><b>Hudson Senior Center Friends' Fall Fair CROCHETED APHGAN</b> Drawing Date: Nov. 2, 2019</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE NUMBER: _____</p> <p align="center">Tickets: 1 for \$2 or 3 for \$5</p>			



## 2020 SHINE Pre-Enrollment Information Sheet

**Please print**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**Your current medical insurance coverage:**

<b>Coverage</b>	<b>Name of plan/effective date</b>	<b>Monthly or quarterly cost</b>
Medicare Part A	Effective:	
Medicare Part B	Effective:	
Medicare Advantage Plan	Name:	
Medigap or Supplement	Name:	
Medicare Part D	Name:	
Retiree or union coverage Is prescription coverage included? <b>Y/N</b> Has it been determined as good as Part D (creditable)? <b>Y/N</b>	Name:	

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program?)

**Yes      No**

Do you receive "Extra Help" for your prescriptions (LIS)? **Yes      No**

If "No", is your income below \$1,561 for a single person or \$2,114 for a couple?

**Yes      No**

If "Yes", are your assets below \$14,390 for a single person or \$28,720 for a couple? **Yes      No**

Are you enrolled in Mass Health? **Yes      No**

Do you wish to use mail order service for prescriptions? **Yes      No**

If you use a particular pharmacy, please provide the pharmacy's name and address:

\_\_\_\_\_

Name of Primary Care Physician: \_\_\_\_\_

Name of Specialist: \_\_\_\_\_

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**Please list your current medications below**  
**Use additional paper if necessary**  
**Do not list over-the-counter drugs (e.g., vitamins)**  
**Print clearly**

<b>Drug Name</b> <b>(as written on bottle)</b>	<b>Drug Strength/Dose per Day</b> <b>Example: 50 mg/1x a day</b>

**To have SHINE assist you in finding the most affordable plan for you, complete and return to: Hudson Senior  
Center 29 Church St. Hudson MA 01749**

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**For SHINE Counselor only:**