

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



Hudson Senior Center

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



2020

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 2020

REP. KATE HOGAN'S SENIOR NEWS

Get Out the Vote!

I hope that you – and those you care about – are healthy and safe. I also hope you have a safe and positive experience voting this election season.

Since the COVID-19 pandemic began, the Town of Hudson has successfully held a Town Election (on June 29, 2020) and a State Primary Election (on September 1, 2020). Turnout for these elections was strong; 37% of registered voters cast more than 5,180 votes in September's election.

Please join me in a round of applause for Hudson Town Clerk Joan Wordell, her staff, the volunteers and everyone at the post office. They worked tirelessly to get voters registered and signed up for mail-in ballots. They mailed out ballots that were delivered, then redelivered to the clerk's office, and counted, all while opening the polls for early and Election Day voting!

It's important to plan now for voting in our General Election on November 3rd. As I'm sure you know, we'll be casting votes for President on November 3rd. We'll also be voting for U.S. Representative, U.S. Senator, State Representative (yours truly), State Senator, and our representative member to the Governor's Council. This year, there are also two ballot questions: Question #1, "Right to Repair Law" Vehicle Data Access Requirement Initiative, and Question #2, Ranked-Choice Voting Initiative.

As you consider your candidate and ballot question choices, please also consider your options for casting your vote. These options include:

Registering to Vote – The deadline for registering to vote is October 24. Go to

<https://www.sec.state.ma.us/ovr/> to register to vote OR makes changes to your name/address/etc.

Requesting a Mail-in Ballot – All registered voters qualify to vote by mail in the fall 2020 elections. The deadline for requesting a mail-in or absentee ballot is October 28 at 5 pm.

Mailing in your ballot - Mailed Ballots include a postage pre-paid return ballot envelope that is addressed to the Town Clerk's Office. Ballots returned by mail must be postmarked by November 3rd AND received in the Town Clerk's Office by 5 pm on November 6th.

Dropping off your ballot – You may hand deliver your ballot by placing it in the deposit slot to the right of the front entrance at Town Hall. The deadline is 8 pm on November 3rd.

Tracking your application and ballot –Go to:

<https://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>

Voting Early in-person – Early in-person voting will take place October 17th – October 30th at Hudson Town Hall, 78 Main Street.

Voting on Election Day – Polls will be open from 7 am – 8 pm at these locations:

- Precinct 1: Hudson High School, 69 Brigham Street
- Precinct 2: Glen Road Community Center, 4 Glen Road
- Precinct 3: David J. Quinn Middle School, 201 Manning Street
- Precinct 4: Joseph L. Mulready School, 306 Cox Street
- Precinct 5: Forest Avenue School, 136 Forest Avenue
- Precincts 6 & 7: Town Hall, 78 Main Street

Thank you for making our democracy work! I welcome your feedback on these options for voting. What has the experience been like for you?

Contact Rep. Hogan: My (virtual) door is always open. If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at Kate.Hogan@mahouse.gov.

Kate Hogan, State Representative
Proudly represents Bolton, Hudson, Maynard, and Stow

Hello to Everyone!



I hope you are all well and remembering not to let your guard down, wash hands, wear masks and social distance.



The senior center bus is now running for medical appointments and grocery shopping. Please call 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.

We are doing two grab and go lunches this month ; October 15th and 29th. More information is in this newsletter. I hope you enjoy this. I know we all look forward to seeing you as you drive up to get your lunch.

We continue to work with Hud TV and appreciate their help giving us air time on Mondays, Wednesdays and Fridays from 9am -11am. This month we have a music presentation Beatles and Beyond and two SHINE presentations. The first one is about Prescription Advantage the State sponsored prescription drug assistance program and the other is entitled Beware of FREE Medicare Benefits. All you have to do is tune into Hud TV and watch the programs. Further details are in this newsletter. Please watch!

Diane Durand has had a few Bingo games outside at the Elks pavilion with masks and social distancing. This was also approved by the Board of Health. I would like to thank the Elks for letting us use this space. Although we limited the group it was nice for people to get out. As the weather gets colder, Diane and I will be offering Zoom Bingo which you can join from home with your desk top computers, laptops, or tablets. I would like to thank our Town of Hudson IT department, specifically Jerry, who has been instrumental in setting this up for us.

Medicare Open Enrollment is Oct 15th through Dec. 7th

(Holly, Ana and Janice are still available to help you; however appointments will be by phone)
It's that time of year again to review your Medicare Advantage Plans (PPO / HMO), your Medicare Prescription Drug Plans and Supplement Plans to make sure they are still good plans for you in 2021. Remember, health plans and prescription drug plans can change from year to year. Holly, Ana and Janice are still able to review your plans with you over the phone and make necessary changes if need be. Please read Holly's article in this newsletter for more detailed information.

The Branches of Marlborough Senior Living Community is offering a couple of virtual programs for caregivers.

Conquering Caregiver Overload Wednesday, October 7th at 2pm

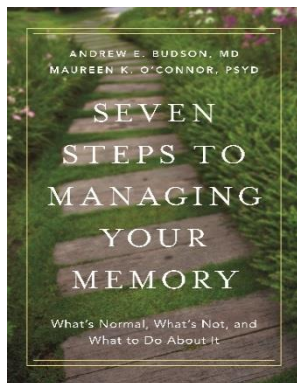
Mal Allard – LPN, Board Certified Alzheimer's Educator, Founder, "Their Real World" will share what you can do NOW for YOU, along the Dementia journey to decrease stress and fatigue and renew your spirit.

Facilitating Connection, Fostering Engagement: Activities for Normal Aging and Stages of Dementia Tuesday, November 10, at 3pm.

Michelle Tristani – Benchmark Director of Memory Care, Explores life-long learning, reminiscing and sensory engagement experiences.

Please call 508-259-3450 to sign up and receive login information.

The Hudson Senior Center is happy to host a Zoom presentation by Dr. Andrew Budson regarding his new book:



Tuesday, October 13th at 10:30am



Based on his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

Link to book: <https://www.amazon.com/Seven-Steps-Managing-Your-Memory/dp/0190088672/>

Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive & Behavioral Neurology and Associate Chief of Staff for Education at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.

Please call the Senior Center at 978-568-9638 if you want to sign up for this free presentation and we will send you the zoom invitation.

50+ Job Seekers

Join Us for our Fall Workshop Series Fall is the Season of Change – It's Your Time for Transformation Too!

With new funding from EOEA [Executive Office of Elder Affairs] and MCOA, we are very excited to offer our 50+ Job Seekers a series of 8 virtual, interactive, hands-on workshops beginning on September 15th! Tuesdays-Bimonthly-10am-12N. The 50+ Job Seekers program is now launching its 6th year, providing career transition support, strategies, materials and guidance to the 50+ demographic of job seekers. Our mission is dedicated to people who unemployed, underemployed, re-entering the workforce after an employment gap or looking for a Second Act career.

Meet and network with fellow job seekers at our virtual workshops. We focus on topics relevant and essential to your job search. We equip and empower you to be successful. Come and learn from our experienced Career Coaches who facilitate these workshops.

Join the Tuesday workshops from 10am – 12NOON

10/13: Create a Robust LinkedIn Profile

10/27: Use LinkedIn as a Job Search Tool

11/10: Develop your STARS/PARS

11/24: Network your way to a New Career

12/8: Create a Marketing Plan/Job Search Toolbox

12/15: Panel Event: Practice Interviewing with Employer

To Register: If *you are New* to the 50+ program and have never attended any sessions, **Registration is Required.** Use this link to register; select Town Hall and complete the rest of the form. Upon receipt, you will receive an email with a link to attend the event. For more information, please contact: Susan Drevitch Kelly, Founder/Program Director at susan@sdkelly.com.

Our Zoom fitness classes are doing GREAT

Please see our new classes and join the fun below:

- **Stretch class with Sharon - Thursdays 10:15 -11:00pm.** 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 – Mondays 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.
(*This class is for those who already had taken a chair Pilates class with Jennifer*)
- ****Zoom Parkinson's Class with Mike Bleecker Tues. at 10:30-11:30**
Mike Bleecker is happy to offer his wonderful Parkinson's class via zoom. You will have to call the center 978-568-9638 and leave a message we will need your email address so Mike can send you a zoom invitation.



Zoom Coffee Hour with Senior Center Staff Tuesday, Oct. 20th at 10am

We miss seeing everyone so join us for a morning coffee and some fun conversation! Sign up by emailing vfigueiredo@townofhudson.org or just call the front desk to register. We will send you a zoom invitation. Please join us. We would love to see and hear from you.



Grab and Go Lunch on Thursday, Oct. 15th and Oct 29th at the Hudson Senior Center 12noon.

Cost is \$5.00. You must call the senior center 978-568-9638 to sign up for this.

- **Thursday, October 15th** : Stevie's will have homemade American Chop Suey with rolls / butter.
- **Thursday, October 29th** : Choice of Chicken or Beef stew with rolls /butter (when you call to sign up please let us know if you want chicken or beef)

Please just bring \$5.00 cash (exact change) when you pick up your meals. (Do not send in checks).

Limit to 60 people! Staff will be handing out the food and looks forward to seeing you all!

Remember to call to sign up! We look forward to seeing 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

Roger Tincknell Presents

**Beatles and Beyond is an upbeat program of 1964-70 pop and rock songs.
Mondays, Wednesdays, and Fridays on Hud Cable TV at 11:00am**

Featuring the Beatles, it begins with "She Loves You" which they performed on the Ed Sullivan show in 1964. (Do you remember the other five songs they sang in that debut performance?!) The program also includes hits from other "British Invasion" groups such as: The Rolling Stones, The Animals (House of the Rising Sun), Jerry and the Pacemakers (Don't Let the Sun Catch You Crying) and others. Hit songs from The Beach Boys, singer-songwriter, Skeeter Davis (End of the World), and other American performers from the 60s are also included. The program ends with songs from Let it Be, the Beatles memorable final album, which was released in 1970.

A Conversation with Kathy Devine of Prescription Advantage Every Monday, Wednesday, and Friday on Hud Cable TV at 9:00am

Learn about Prescription Advantage the State-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts.

You can also watch this on YouTube: <https://www.youtube.com/watch?v=I55CtVian3Y>

Beware of "Free" Medicare Benefits- Let SHINE help you do your homework! (Hud TV) Every Monday, Wednesday and Friday on Hud Cable TV at 9:30am

You May Be "Entitled to Free Medicare Benefits" What exactly does this mean? Kathy from the Massachusetts SHINE program breaks it down for you. See a SHINE counselor before you make any decisions on your Medicare coverage!

You can also watch this on YouTube: <https://www.youtube.com/watch?v=Uo9z03e3mVs>

RMV is Sponsoring Senior Days every Wednesday in October for customers age 75+ whose license expire in October

Massachusetts law requires drivers age 75 or older to renew license in person. The RMV has designated 17 Service Centers to serve these customers. Please call the RMV at 857-368-8005. This is a designated line for people 75 and older needing to renew their license.



Zoom Genealogy Family Research with Charles Corley Wednesday, October 21st at 10:30am

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

Did you know that Hudson has a Dementia Friendly Registry?

If you are a caregiver caring for a loved one with dementia and may have concerns your loved one could become disoriented or lost within our community, you may get some comfort knowing that the Town of Hudson has its own Dementia Friendly Registry.

This Registry is one result of the Hudson Senior Centers, Dementia Friendly Community (DFC) Initiative of 2015-2017. The Hudson DFC Action Team recognized that the Alzheimer's Association had an emergency response service, however they wanted a more localized approach involving the Hudson Police Department. Former Police Chief Burks agreed stating "It's quicker for us to have the information here at our fingertips rather than call the national registry. We'll have the ability to focus on individuals in Hudson and surrounding communities." The Hudson Police Department had the technology necessary to start the registry.

Today our new Police Chief DiPersio also recognizes the importance of a localized registry and continues to update this registry with improved technology to ensure its effectiveness. Officer Wendy LaFlamme who is the Hudson Police Department Senior Liaison, has also been very involved helping families with the Dementia Friendly Registry.

If you are in a caregiving situation and concerned about the possibility of a loved one wandering, please call the Hudson Senior Center 978-568-9638 for information on how to enroll in the Hudson Dementia Friendly Registry. It is a simple one-page sheet that we can help you fill out. There is no cost involved and will give you peace of mind.

Food Assistance

The Hudson Food Pantry is opened on Tuesdays and Saturdays

Normal hours 9:00am to 10:30am and 1st Thursday of the month at 7pm



Phone – (978) 562-5280/ e-mail – contact@hudsoncommunityfoodpantry.org or Facebook Messenger

The First United Methodist Church at 34 Felton Street, Hudson MA

Will deliver food twice a month on the first and third Fridays of the month for those in need. To receive a delivery, you must call Stacey first at 978-601-249.

Agape Café – Take Out Dinners Thursdays from 5pm to 6:30pm Our team will be practicing Social Distancing to prepare and deliver your meal. Your dinner will be delivered right to your car. We ask that you comply to Safe Distancing by wearing a mask and stay in your car. The free dinners are for everyone and all are welcome to partake.

Update on Medical Equipment lending Program



At this time, we are NO longer accepting or lending out any medical equipment, however we have two resources that you could contact that loan out medical equipment:

- REquipment located in Worcester. Telephone: 508-713-9690
- Hospital Equipment Loan Program (HELP) located in Woburn. Telephone: 781-322-1052. They are open on Saturdays from 9-noon.

Looking to Donate Equipment? **Northborough Helping Hands** accepts donations of durable medical equipment in good condition. email: equipment@NorthboroughHelpingHands.org
Phone: 508-393-5020 (Northborough Family and Youth Services)



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.*

THE COUPLES GUIDE TO QUALIFYING FOR MASSHEALTH

Whether you're married or single, if you need MassHealth because you need nursing home care or need a lot of care at home, you can always qualify for MassHealth. This month, I'll talk about the rules if you're married. Next month, I will do the rules if you're single.

If you're married and need MassHealth, qualifying can be is easy. While you are not allowed to have more than \$2,000 in countable assets (typically meaning money), your spouse can own the home (if you have one) as well as all your personal property, and can have other cash or cash equivalent assets up to \$128,640. If you own assets, or own them jointly with your spouse, you may transfer them to your spouse and qualify for MassHealth the very next day. **There is no lookback period regarding transfers to spouses.**

If your spouse has more than \$128,640 your spouse can purchase a special kind of annuity, one that calls for equal monthly payments over a term that does not exceed your spouse's actuarial life expectancy at the time the annuity is purchased. The day after your spouse buys the annuity, thereby reducing assets below \$128,640, you can qualify for MassHealth. At that point, if you are in a nursing home, usually you will need to pay your social security and pension income to the nursing home, and MassHealth will pay the rest. However, if this results in your spouse's income reducing below a certain amount (typically between \$2,500 and \$3,000 per month), some of your income can actually be transferred to your spouse to subsidize your spouse's income.

Of course, there is a boatload of other details that go into restructuring your assets and qualifying for MassHealth, and you should always talk to an elder law attorney before starting down that road. If you have any questions or would like more information; please feel free to contact me at (508) 860-1470 or abergeron@mirickoconnell.com. Visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary and your local cable station during COVID-19, for this virtual seminar, as well as, Frank and Mary's weekly local cable TV shows, where my co-hosts and I address many common issues facing seniors and the resources available during the pandemic.



Legal Advice with Attorney Arthur Bergeron

Wednesday, October 14th 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. Thank you



Reminder: The Hudson Senior Center has a new phone system.

When you call our center, you will hear a recorded message, but you do not have to listen to the entire message. You can press the numbers for the extensions below and get directly to us and leave your message. **Janice Long ex 470, Virginia Figueiredo ex 471, Holly Richardson ex 475, Ana Terra-Salomao ex 476.** If you do listen to the entire message it will tell you to press 1 for the front desk which is Virginia, or press 2 for social services which are Holly and Ana.

Virtual Learning & Entertainment



- Take in a show. Every year, Cirque du Soleil sets up camp in Vancouver, so why should this year be any different? You can now stream two, free 60-minute performances from your couch. Visit: <https://www.cirquedusoleil.com/cirqueconnect#hubcontent>
- For Downton Abbey Fans, watch this video to learn more about the residents of the Newport Mansions who were the American counterparts of the English elites depicted in Downton Abbey. Find out how and why they lived so extravagantly: <https://www.newportmansions.org/about-us/videos>
- The Perkins Library is proud to present a new outreach program called "**TeleFun Calls**". These are recurring scheduled programs happening every week, patrons can call a special toll-free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state. There are activities scheduled for almost every day, games like trivia, name-that-song, and family feud, are hosted every Monday, Wednesday, and Friday at 1 pm. We also have Monday Movie Matinees every Monday at 10 am, as well as a Listening Library hour with radio dramas Thursdays at 2:30 pm. We are also planning on adding new content soon to include a poetry group and a virtual classroom where patrons can listen to audio-described educational videos and documentaries over the phone from the comfort of their own home. To join the fun, you will first need to contact Beth at 617-972-7241 or email Elizabeth.White@perkins.org to sign up.
- Have you Checked out the **Talking Information Center (TIC) programming**? TIC's staff and volunteers provide human voice(d) broadcasts of local news, articles, and items of interest to visually impaired and otherwise disabled listeners throughout Massachusetts to promote independence and enrich quality of life."
<http://www.ticnetwork.org/schedule/TICCoronaSchedule.pdf>
As another example of a great community media partnership, WINCAM is broadcasting the Live Radio Theatre programming as part of their regular local community cable programming.

Do you need affordable internet to stay connected?

Many internet service providers offer low-income assistance programs to provide affordable internet access and, in our area, Comcast has a program called Xfinity Internet Essentials. With Xfinity Internet Essentials, qualifying households can get internet speeds up to 15 Mbps for \$9.95/mo.* With the program, there's no credit check, no contract and no installation fee. In-home Wi-Fi is included.

You may qualify if you:

- Are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, Fuel Assistance and others.
- Live in an area where Comcast Internet Service is available.
- Are not an existing Xfinity Internet customer and have not subscribed to Comcast Internet within the last 90 days.
- Have no outstanding debt to Comcast that is less than one year old. Families with outstanding debt more than one year old may still be eligible.*

Find out more at www.internetessentials.com (This is the updated website)



VOTE BY MAIL FOR 2020 ELECTION

NOVEMBER 3, PRESIDENTIAL ELECTION
POLLS OPEN 7AM-8PM ON NOVEMBER 3, 2020

WHERE DO I VOTE:

Early Voting In-Person October 17-30 at Hudson Town Hall

An Act relative to voting options in response to COVID-19 was passed by the House and Senate and signed into law as Chapter 115 of the Acts of 2020.

The Secretary of the Commonwealth will be mailing [Vote By Mail Applications](#) no later than September 9th to any voter who has not applied for a mail in ballot. The applications must be received by the Town Clerk's office as soon as possible to assure that ballot is mailed out in a timely matter.

The Vote BY Mail applications must be received by the 4th business day before the election. You may email, mail or fax your signed application back to the Town Clerk's office.

Email: jwordell@townofhudson.org; or mail: 78 Main Street, Hudson, MA. 01749; Fax: 978-562-8508.

The deadline to request in person absentee ballot application is 12PM the day before the election.

Caregiver Support options

- **Virtual Caregiver Support Group with Regina from Better Day**
Mondays, 5:30pm - 6:30pm
Please contact Regina at: regina@betterdayprogram.org if you would like to join.
- **Caring for Caregivers**

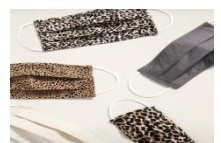
Meetings resume at Hudson's First United Methodist Church at 34 Felton St. on the 1st & 3rd Monday of the month, from 11 a.m. to noon in Lamson Hall on the first floor of the church. In these current difficult times of isolation, caregiving for a loved one may have become more challenging. Come talk about your concerns and feelings with those who know what you are going through. More information is available at 978-562-2932 or at www.hudsonfumc.org

- **Minuteman Senior Services Together with Emerson Hospital**

We are launching a virtual caregiver support group for family and friends caring for older adults. Space is limited. To register or with questions, contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org

Face Masks

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



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. 476

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 2020, para ser efectivo no dia 1 de Janeiro de 2021.
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 2020 até o dia 30 de Abril de 2021.

Número de Pessoas na Família

Rendimento

1

\$39,105

2

\$51,137

3

\$63,169

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

AJUDE A EVITAR A DISSEMINAÇÃO DE DOENÇAS RESPIRATÓRIAS COMO A GRIPE E A COVID-19:

Lave as mãos frequentemente com água morna e sabão ou use um álcool gel higienizador para mãos.

Evite tocar seus olhos, nariz e boca.

Limpe os objetos que você toca frequentemente com sprays para limpeza caseira ou lenços umedecidos desinfetantes.

Cubra sua boca quando tossir ou espirrar, usando um lenço de papel ou a parte de dentro de seu cotovelo, não as mãos.

Fique em casa se estiver doente e evite contato próximo com outras pessoas.

Pense com antecedência sobre como vai cuidar de si mesmo e das pessoas que você ama.

Mais informações em: www.mass.gov/2019coronavirus

DATAS IMPORTANTES

Dia 12 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”

Dias 15 e 29 de Outubro – Almoço “Grab and Go” no Senior Center ao meio-dia. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o almoço através da janela do carro. A pessoa não sai do carro. O custo é \$5.00 por pessoa. **Não podemos fazer troco. Limitado as primeiras 60 pessoas.** Telefone para o Senior Center, 978-568-9638 para reservar o seu almoço.

Dia 20 de Outubro – Café com Janice, Holly, Ana e Virginia pelo computador (Zoom) às 10:00 da manhã.
Telefone para o Senior Center para reservar o seu lugar.

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

OUTREACH



It seems almost unreal that the time is here once again to review insurance for 2021.

(Here's hoping that next year is better than 2020!) Things will be looking a bit differently this year. We will not be meeting with people in person, rather everything will be done by PHONE. We understand that this is not ideal, however, given the circumstances, we are still able to provide this great service! PLEASE be as accurate as possible when creating your medication list and make sure it is complete. **Please include dosages, quantities and medication form such as; capsules or tablets creams, lotions or gels. This can make a difference in the price.** 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 15th through December 7th each year. This is the time that you can make any changes to your plan for the following year in 2021.

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 call or mail in the pre-enrollment form for us so we can call you back to schedule an appointment. This is going to be a new process for us as well, so please be patient as we navigate this new "normal". If you are mailing in pre-enrollment forms, please give counselors a few days to call you back to schedule a telephonic assessment.

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.

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. New applications and Recertifications are being done CURBSIDE or by mail. If you would like our help with fuel applications, we are scheduling appointments to drop off paperwork/sign forms curbside at the Hudson Senior Center. Once again, things look a bit differently this year, but we are still here to help you with your application needs!

2021 SHINE Pre-Enrollment Information Sheet

Please print

Name: _____ Date: _____

Address: _____ Zipcode: _____

Phone: _____

Date of Birth: _____

Your current medical insurance coverage:

Coverage	Name of plan/effective date	Monthly or quarterly cost
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? Y/N Has it been determined as good as Part D (creditable)? Y/N	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**

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: _____

Please list your current medications below
Use additional paper if necessary

Do not list over-the-counter drugs (e.g., vitamins)
Print clearly

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

**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**