

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

September

2021

**Hudson Council on Aging**  
***A Multi-Service Center***

*Open Monday through Friday - 8:00am to 3:30pm*

*(978) 568-9638 (978) 568-9639 (978) 56-9647 Fax (978) 567-0946*

**Social Services:**

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as BayPath Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

**Senior Center Staff:**

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver

*Executive Office of Elder Affairs partially funds this newsletter.  
Postage is paid by The Friends of Hudson Senior Center Inc.*

**Social Activities:**

Line Dancing, AM Fitness, PM Fitness, Yoga, Stress Reduction, Parkinson's Exercise, Chair Pilates, Chair Yoga, Walking Club, Stretch Break Class, Flex & Tone Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Class, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Friday's Music Jam, Morning coffee and pastry.

**Members of the Council on Aging Board:**

- Trisha Desmond - Chair 978-562-2492
- John Gill- Vice Chair - 978-568-1107
- Diane M. Durand - Secretary -- 978-621-9665
- Nina Smith - Treasurer - 978-562-3077
- Charles Corley - 978-568-8840
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Janet Saluk- 978-618-7124
- Edward Silveira - 978-568-3438

**Meetings:**

**The Council on Aging Board** –1st Wednesday of each month at 1:00pm

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

*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.*



September 2021

REP. KATE HOGAN'S SENIOR NEWS

## Libraries Update

The American Library Association (ALA) recently released its State of America's Libraries 2021 Special Report: COVID-19, which includes information on how libraries are stepping up and responding to the impacts of the pandemic. The report found that:

- In 2020, public libraries loaned out 289 million e-books - that's a 40% increase from 2019
- Throughout 2020, librarians were fighting disinformation about COVID-19, the census, and the U.S. presidential election

Most importantly, the report found that libraries didn't shut down during the pandemic; rather, they found new ways to serve and continue supporting their communities – often at a distance. During times of crisis, libraries take pride in staying open as vital community centers. As ALA President Julius C. Jefferson, Jr. says, "Libraries kept Americans connected in ways that brought our communities closer. Buildings may not have been open, but libraries were never closed."

In Hudson, the hard-working staff at the Hudson Public Library (HPL) devised innovative programming and outreach strategies to meet the needs of their patrons during the pandemic. Like many other libraries, HPL offered curbside service, virtual programs, remote assistance, and take-and-make crafts. Following CDC, health, local, and state guidelines, the library progressively offered curbside service, library visits by appointment, and walk-in visits as each re-opening phase permitted.

This fall, HPL will host a Meat & Lobster Shoot Fundraiser in September and an event and activities in November that highlight historical correspondence between Philanthropist Andrew Carnegie and Librarian Grace Whittemore. HPL will also announce its title selection for this winter's One Book, One Hudson event.

The Library is open to visitors Monday-Thursday from 9 am–8:30 pm; Friday 9 am–6 pm; and Saturday 9 am–5 pm. Due to water damage, the Children's Room is closed, but a selection of Children's items is available in the Adult Department. September is Library Card Sign-Up Month. Updates on all of the Library's services and offerings are available online at: <https://hudsonpubliclibrary.com/>.

Please support your local library, and when you do, thank the staff for their dedication to meeting the needs of our community!

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

### **Contact Rep. Hogan:**

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)  
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333  
Facebook: [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

Hello to Everyone,



## New Mask Requirements for the Hudson Senior Center

It's time to say "Goodbye" to our very hot and rainy summer. We started the summer gradually opening up our center in June with masks. Within a couple of weeks, the CDC's guidelines changed stating "**Fully Vaccinated**" people did not have to wear a mask inside, and those "**Not Fully Vaccinated**" it was highly suggested they wear a mask inside. Numbers of Covid-19 were very low and things were looking good. By mid-August, we started to see an influx of the Covid-19 Delta strain. Fully vaccinated people are presumably more protected from severe illness and hospitalization, but for unvaccinated people, the Delta strain can make them very sick. We closely watched the weekly Covid-19 numbers in Hudson. When we saw an increase in cases the Council on Aging Board, out of an abundance of caution, met and voted that **all people entering the Senior Center are required to wear a mask, regardless of vaccination status**. This became effective Monday, August 23, 2021 to help keep everyone safe from the new Covid-19 variant. We were looking forward to bringing some of our fitness classes back to the senior center in September. However, with the uptick in cases of the new Delta variant, we have decided to postpone that decision. I know this is disappointing but for now we will continue your fitness classes via zoom in September. We will continue to monitor the situation and look forward to bringing classes back very soon, hopefully October if the situation improves.

## Some Good News..

We met with the owners of the **Synergy Wellness Center in Hudson** and asked if they would work with us to create a couple of programs that might help people learn to cope with this life disrupting pandemic and ease back into some sense of normalcy. Synergy was successful in creating two new programs mentioned below. This is exactly what we wanted to share with you! These programs will be **FREE** and offered more than once to ensure as many people as possible can experience and benefit from them. **Space is limited. Please call 978-568-9638 to reserve your spot.**

- **Mindful Living during Uncertain Times**

**4-week classes on Thursdays October 14, 21, 28 and Nov. 4th from 9am to 10am**

Offered in person and through Zoom as a hybrid experience

The peace, joy and happiness that you seek is already within, and during this pandemic which has been so challenging, we just need to remember where it is. In each class you will learn self-help techniques such as easy breathwork to relax the body, mindful awareness practices to help calm the mind, and gain helpful strategies to work with pain, anxiety and depression.

Instructor: Lisa Campbell, Meditation and Mindfulness Instructor at Synergy Wellness Center

- **Self-Empowered Living during a Pandemic**

**4-week sets of classes on Wednesdays October 6, 13, 20 and 27 from 10am to 11am**

Classes are one hour long and will be offered in person and through Zoom as a hybrid experience. We will provide a non-judgmental, guilt-free environment for you to talk about the added stress of living through a pandemic. In this 4-week series, you will learn to enhance your emotional control and insight into yourself by focusing on self-care while coping with the concerns and isolation that this shared experience has created. We will help you build an environment where you can flourish during these times. The tools you learn will assist you in navigating how to talk about the present and move forward to a healthy and positive future.

Instructors: Kathy Benson, LICSW at Synergy Wellness Center



## The Hudson Senior Center Presents the UCLA Longevity Center's Memory Training Program

Created by Gary Small, M.D. and Linda Ercoli, Ph.D

Presented by

Janice Long and Ana Terra-Salomao

**Fridays October 8, 15, 22, and 29<sup>th</sup> 10am to 12pm.**

Please join us for this new memory training program. It will help you develop good memory habits and learn new techniques to improve memory.

The course targets the **four most common memory difficulties** that people experience in daily life:

- Forgetting names and faces
- Forgetting to do things in the future
- Forgetting where you put things
- "Tip of the tongue" memory challenges-knowing something but not being able to recall it

**This program is once a week for 4 weeks and each class is 2 hours long. Please call to sign up for this FREE training. Space is limited to 15.**

### **Nutrition Update for those receiving SNAP benefits**

Starting in October 2021, SNAP recipients will see an average \$36/individual increase in benefits. This is due to recalculating the food plan cost on which several federal programs are based.



**Grab and go from Stevie's  
Tuesday, September 21<sup>st</sup> between 12-12:30pm  
pick up at the Senior Center**

Chicken piccata with mashed potatoes and green beans.

Cost to you is still \$5.00 which you bring when you pick up your meal.

**\*\*Call beginning Wednesday, September 8<sup>th</sup> to reserve your spot\*\***

### **FREE Balance and Dizziness Workshop**

**At the Hudson Senior Center**

**Wednesday, September 22<sup>nd</sup> (9/22 class is full)**

**and Wednesday, October 13<sup>th</sup> from 1-2 pm**

Flaherty Physical Therapy will be offering a FREE Balance and Dizziness Workshops at the Hudson Senior Center at 1 pm. This will be an interactive workshop where attendees will learn more about balance, dizziness and vertigo. They will learn how those symptoms are caused, what can you do about it at home and whether physical therapy will be a good fit. Kevin Flaherty, PT will present on the topics noted. Each participant will leave with 3 easy exercises to start at home that day! **You must call 978-568-9638 to sign up for this class. Limited to 20 people and only a couple of spots available on the 13<sup>th</sup>**

**REMINDER: Center is closed on Monday, September 6<sup>th</sup> for Labor Day.**

## Hiking Club

**Gates Pond Reservoir Loop meeting Monday, September 27<sup>th</sup> at 9:30 am.**



Gary Durand has offered to take people on a hike at Gates Pond Reservoir Loop also known as the “Best Scenic Pond in Massachusetts”. This will be a 2.4-mile easy hike. Please wear hiking boots or sneakers, comfortable clothing, hiking stick or ski pole if possible, water bottle and use insect repellant with DEET. Please call the senior center to sign up for this 978-568-9638.

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## **Parkinson’s afternoon class returns to Hudson Senior Center on: Thursdays in September at 1pm**

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques. **You must call to sign up if you planning on attending this class. Space is limited to 20 people.**

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## **Our Zoom fitness classes**

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.** Call the senior center if you are interested. We need your email address to send out a zoom invitation to start the class.
  - **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**  
Strength Training class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. \* There will be modifications for each exercise for those with orthopedic issue
  - **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am. Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
  - **Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**  
This class will review the basics of chair pilates for new and regular class participants.
  - **Zoom Parkinson’s Class with Mike Bleecker- Tuesdays at 10:30-11:30am**  
Mike Bleecker is happy to offer his wonderful Parkinson’s class via zoom.
- 



## **“VETS TALK”**

A program for Veterans

**Thursday, September 9<sup>th</sup> & 16<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. 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.

## ***“Movie Days” at the Center***



Here is the listing of movies for September. **Due to the limited space for each viewing, you must sign up for the day that you would like at 978-568-9638.**

Come and join us at 12:30pm for the following movies:

### **Monday, September 13<sup>th</sup> & Tuesday, September 14<sup>th</sup> – *Dream Horse***



The film tells the inspiring true story of Dream Alliance, an unlikely race horse bred by small town bartender, Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope in their struggling community.

*Rating: PG Runtime: 1hr 53min*

### **Monday, September 27<sup>th</sup> & Tuesday, September 28<sup>th</sup> – *News of the World***



Five years after the end of the Civil War, Captain Jefferson Kyle Kidd (Tom Hanks), a widower and veteran of three wars, now moves from town to town as a non-fiction storyteller, sharing the news of presidents and queens, glorious feuds, devastating catastrophes, and gripping adventures from the far reaches of the globe. In the plains of Texas, he crosses with Johanna (Helena Zengel, System Crasher), a 10-year-old taken by the Kiowa tribe six years earlier and raised as one of their own. Johanna, hostile to a world she's never experienced, is being returned to her biological aunt and uncle against her will. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles into the unforgiving wilderness, the two will face tremendous challenges of both human and natural forces as they search for a place either can call home.

*Rating: PG-13 Runtime: 1hr 58min*



### **Genealogy Family Research with Charles Corley at the Senior Center**

**Wednesday, September 15<sup>th</sup> at 1pm**

***(\*\*please note the time change)***

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

### **DayBreak is back at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers**

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

***Support for this project provided in part by the MetroWest Health Foundation.***

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.

Please contact Lisa Bazarian Gardner, CDP or Christine D'Angelo, CDP at 978-568-9638

Or email at [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com) for more information.

## Remote Courses with Adventures in Lifelong Learning!

FALL 2021

# ADVENTURES in LIFELONG LEARNING

**TUESDAYS OCTOBER 5, 12, 19 AND 26**

Academic courses provided free-of-charge or for a voluntary donation.

Online registration opens on Wednesday,  
September 8, at 11am.



Enjoy these courses  
for seniors 60+ on  
**ZOOM!**

Registration is required  
and is due by Monday,  
October 4.

Please go to [www.framinghamlibrary.org/](http://www.framinghamlibrary.org/adventures)  
[adventures](http://adventures) or [bit.ly/](http://bit.ly/adventures)

**Adventures-FSU** for full course descriptions,  
registration information, and instructions for using  
Zoom (by computer, tablet or phone).

QUESTIONS: Please email [lifelonglearning@framingham.edu](mailto:lifelonglearning@framingham.edu)  
or phone (508) 215-5127. To join  
our mailing list go to: [bit.ly/Adventures-mailing-list](http://bit.ly/Adventures-mailing-list).



**Framingham**  
State University



**Framingham**  
PUBLIC LIBRARY  
Look here first.

### COURSE SCHEDULE

**9:00 - 10:30 am**

**COURSE 101:**  
*Hard Times: At the Heart  
of Modern Civilization*  
Dr. Helen Heineman  
**OR**

**COURSE 102:**  
*Intro to Brazilian Pop  
Music in the World*  
Dr. K.E. Goldschmitt

**10:45 am - 12:15 pm**

**COURSE 103:**  
*Can Congress  
Be Fixed?*  
Dr. David Smailes

**1:15 - 3:15 pm**

**COURSE 104:**  
*The Art of Collage*  
Donna Melanson  
**OR**

**1:30 - 3:00 pm**

**COURSE 105:**  
*Food for Thought*  
Karen White, M.Ed,  
RDN, LDN

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Ashland Cultural Council, Framingham Cultural Council, Marlborough Cultural Council, Natick Cultural Council and Sudbury Cultural Council.  
Because federal funding is being used, we provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.



## Support Groups and Workshops

Fall 2021

Peer supports and workshops help many people who have cluttering tendencies or hoarding disorder. About one in twenty people have cluttering tendencies, and help is available among peers where you can find hope for making positive changes in your habits and in your home.

Clutter accumulates due to excessive acquisition of items, and from saving too many items. These habits can be addressed by learning and practicing new skills while in a peer group. ClearPath's workshops and groups meet weekly by video call. The BIT workshops use the book *Buried in Treasures* by Tolin, et al. Groups are offered at no charge to the attendee except for a \$20 book fee. Workshops are open for only a few weeks to new members.

- **Peer Support Group for BIT Graduates** – starting August 24th, Tuesdays at 4:00 pm.
- **Buried In Treasures Workshop** - starting September 8th, Wednesdays at 6:00 pm.
- **CBT for Hoarding Disorder** - starting September 17th, Fridays at 3:30 pm.
- **Non-Acquiring Workshop** – starting October 28th, Thursdays at 6:00 pm.
- **Family Support Group** – On the last Wednesday of each month from September through June, friends, and family members of clutterers and hoarders meet at 7 pm.

**Call (508) 658-2880 or email us at**  
**[ClearPath@Strongcommunity.org](mailto:ClearPath@Strongcommunity.org) to register!**

To find out more, or keep up to date on ClearPath hoarding groups, visit  
<http://strongcommunity.org/clearpath-hoarding/>

Sponsored by





## Elder Law with Frank and Mary

by Arthur P. Bergeron

*Arthur P. Bergeron is an elder law attorney  
in the Trusts and Estates Group at Mirick O'Connell.*

### PLANNING TO KEEP CONTROL

Does this dilemma sound familiar? On one hand, you want to keep control of your life and make all of financial and medical decisions yourself. On the other hand, you want to be sure the “right” person (the person you trust) is appointed to make those decisions for you, and moreover, how you would want them to be made, should you become frail or fall ill.

Oftentimes, seniors fear that if you delegate too much authority too early, either your thoughtful child will become over-protective and take charge before it is time, or the person you thought you could trust may end up making decisions that are really not what you would have wanted. So, what should you do?

First, consult your elder law attorney. It may be that you only need a Power of Attorney to allow someone to manage your finances if you are incapacitated. Alternatively, if you own some assets as the trustee of a trust, the trust document may need to be amended to make it clear who may handle things if you can't. If you're thinking of putting assets into an irrevocable trust for asset protection purposes, you may want to make sure that you retain the power to remove the trustee if you think that person is acting against your interests. Depending on the situation, you may also want to make sure that the successor trustee does not stand to inherit remaining trust assets after you die, and therefore will not find any decisions clouded by self-interest.

Similarly, you should have a Health Care Proxy agent who will make the decisions regarding your health. Of course, that means naming someone you can “trust,” someone who will make the decisions that you would have made. It also means having a conversation with that person about what is important to you, about the things that make life worth living for you, and about how to decide (if you cannot) when medical interventions that cause nausea, pain, or other side effects should be rejected, even if that rejection means your death may be more imminent. Once you've had that conversation, you may want to write down some of your wishes to help your agent decide what to do in times of stress.

It's your money and it's your life. By planning ahead, you assure that your money is spent and your life is lived on your terms.

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



### **Legal Advice with Attorney Arthur Bergeron Wednesday, September 8, 2021 from 1pm to 3pm**

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you

## Message from the Friends...

**Next Friends Meeting: Tuesday, October 5<sup>th</sup> at 9:30am**

***\*\*No September meeting & October meeting will be the 1<sup>st</sup> Tuesday of the month\*\****

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

Please consider attending a meeting to see what we're all about.

Meetings are held on the second Tuesday of the month at 9:30am.

Please call the Hudson Senior Center [979-568-9638] if you would like more information or to have a Friends' officer contact you.

**The Council on Aging Board – September 1<sup>st</sup>**  
1st Wednesday of each month at 1:00pm

### Busing News:



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. Grocery shopping can be any day of the week based on availability. **Masks MUST be worn while on the bus at all times regardless of vaccination status.**



### Calling all artists and latent artists

Come join us on September 7<sup>th</sup> from 10am-12pm in the Craft Room for the **Tuesday Open Painting Studio**

There are many donated and left-behind supplies...canvases, paper, brushes and paints to help you get re-started. There is also a nice supply of art books to help with inspiration and instruction. No teacher, just a group of friendly faces that share the love of art!

We hope you'll join us on Tuesdays,  
Richard, Lulu, Jane & Catty



### Hudson Senior Center Gift Shoppe

**Thursdays 9:30am until 12:30pm**

### PM CARDS

**Canasta (Hand & Foot)**  
Wednesdays at 12:00pm



### **Looking for Scrabble**

**Players....**

**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 1pm on  
Wednesdays!



### Bridge is Back on:

**Tuesdays 9:30am-12pm**  
**& Fridays 12:30-3pm**

## OUTREACH



Living on a limited income can sometimes be very stressful at times; trying to pay routine bills and not even considering major expenses that could come up unexpectedly. Did you know that there are assistance programs available that can help you with some of your expenses?

SMOC fuel assistance is a great resource for those who are eligible. There are income guidelines, so if you are interested in this program, don't hesitate to contact the Hudson Senior Center about your eligibility. SMOC fuel provides financial assistance to put towards your heating source during the heating season. This can be any source of heat, whether gas, electric, oil, etc. It may not pay for your whole heating season, but any bit counts, right? The money that you save from not having to pay your heating bill can be put towards another bill, or can be saved for something else! The heating season starts November 1 and ends April 30, and applications will become available in the next few weeks (they are also sending SMOC renewals for those that were eligible last year).

Another benefit that we can assist with applying for is SNAP benefits. SNAP stands for Supplemental Nutrition Assistance Program. Again, there are income guidelines for this program as well. The DTA (Department of Transitional Assistance) is the agency that processes these applications. When applying, they take into consideration what your expenses are. The expenses that they allow you to account for are housing costs, utility costs, dependent care costs, as well as medical expenses. We all know how these expenses can add up very quickly! Yes, it can be a lot of paperwork to get together to apply, but yes, it is worth it. Even if you are only eligible for the minimum benefit, it's still assistance that can help you pay for a few basic food supplies!

In addition to helping with applications, we can also assist with general information and referral. Are you interested in learning more about housing options? Insurance issues? Homecare services? Call the Hudson Senior Center and we will be happy to talk with you!

Reminder:

The Medicare Open Enrollment period begins October 15 and ends December 7<sup>th</sup>. Please be on the lookout for further information about scheduling appointments, our pre-enrollment forms and process for this year. Expect to see more in our next month's newsletter.

## INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÀS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

### O PROGRAMA SNAP

O Programa Complementar de Assistência Nutricional (SNAP) ajuda indivíduos e famílias de baixa renda a comprar alimentos saudáveis e nutritivos. Um benefício mensal do SNAP a um domicílio depende do tamanho, do rendimento e dos gastos deste domicílio. Se você ou alguém de seu domicílio é um cidadão americano ou um não cidadão legal e ganha menos do que um determinado rendimento, você talvez possa obter benefícios SNAP. Na maioria dos casos, um domicílio inclui todas as pessoas que compram, cozinham e comem refeições juntas. Se precisar mais informações ou precisar aplicar para o programa SNAP, telefone para Ana Terra-Salomao – 978-568-9638 x 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 2021, para ser efectivo no dia 1 de Janeiro de 2022. Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

### DATAS IMPORTANTES

Dia 6 de Setembro – O Senior Center estará fechado devido ao feriado de “Labor Day”.

Dia 8 de Setembro – Consultas grátis com o Advogado Bergeron da 1:00 às 3:00 da tarde. Telefone 978-568-9638 para marcar um apontamento.

Dias 13, 20, e 27 de Setembro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 21 de Setembro – “Grab and Go” Almoço ao meio-dia no Hudson Senior Center. 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. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 8 de Setembro para reservar o seu almoço.**

Dia 22 de Setembro – Palestra grátis sobre equilíbrio e tontura da 1:00 às 2:00 da tarde . Telefone para o Senior Center 978-568-9638 para reservar o seu lugar.

Dia 5 de Outubro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

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

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2				7				4
	9						2	
		8		6		3		
			8		7			
4		1		9		5		3
			1		5			
		3		1		9		
	7						5	
9				2				8



# SEPTEMBER

S	K	O	O	B	S	T	N	L	E	R	S
I	L	A	B	O	R	D	A	Y	U	Q	T
O	S	O	N	E	R	E	O	M	H	Y	A
L	C	H	A	B	E	L	E	E	O	L	S
E	W	A	C	O	R	N	H	Z	M	V	D
A	O	P	U	K	Z	F	T	W	E	A	N
V	L	P	D	E	R	L	V	K	W	E	E
E	L	L	T	S	O	R	R	R	O	S	I
S	E	E	U	O	E	N	A	O	R	Q	R
O	Y	S	H	O	F	I	M	S	K	R	F
L	R	C	M	B	A	E	H	U	E	D	O
T	S	E	V	R	A	H	S	K	T	A	R
A	F	A	L	L	N	D	A	E	L	U	B
C	O	N	L	E	R	R	I	U	Q	S	A

ACORN  
APPLES  
AUTUMN  
BOOKS

BREEZE  
FALL  
FRIENDS  
HARVEST

HOMework  
LABOR DAY  
LEAVES  
RAKE

RED  
SCHOOL  
SQUIRREL  
YELLOW



# September

<b>6</b> 08:00a CENTER CLOSED	<b>7</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Bridge 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess	<b>8</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:00p PM Cards 12:30p Bingo 01:30p Bergeron Advice	<b>9</b> 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	<b>10</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
<b>13</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	<b>14</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Bridge 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Chess	<b>15</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:00p PM Cards 12:30p Bingo 01:00p Genealogy	<b>16</b> 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	<b>17</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
<b>20</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong	<b>21</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Bridge 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:00p Grab and Go Lunch 01:00p Chess	<b>22</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:00p PM Cards 12:30p Bingo 01:00p Balance and Dizziness Workshop	<b>23</b> 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	<b>24</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 12:15p Scrabble 12:30p PM Bridge
<b>27</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Hiking Trip 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	<b>28</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:30a Bridge 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Chess	<b>29</b> 08:00a Cribbage 08:00a Library 09:00a Billiards 9-3 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 12:00p PM Cards 12:30p Bingo	<b>30</b> 08:00a Library 09:00a Billiards 9-3 09:00a Quilting 9-11am 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	