

**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



2022

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
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver

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, Bingo and much more.

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

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.



Autumn in Hudson is beautiful, but veteran New Englanders know that cold weather is right around the corner. That means it's time to think about, and plan for, heating our homes over the winter.

If you haven't done so recently, a good first plan of action is correcting energy inefficiencies. Reviewing energy costs and weatherization options can reduce energy inefficiencies, save money and make your home more comfortable.

There are a couple of ways to schedule a free energy efficiency audit: contact MassSave at 1-866-527-SAVE (7283) or SMOC Energy Services at (866) 397-8478

If your household is struggling to pay higher heating bills this season, following are some resources that could be useful. The good people at our COA are always able to help when applying for assistance and can be reached at (978) 568-9638.

Low Income Home Energy Assistance Program (LIHEAP)

Commonly known as Fuel Assistance, the Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills. To learn more and apply for assistance, call the Cold Relief Heatline (800) 632-8175 or visit the South Middlesex Opportunity Council, Inc. (SMOC) at 7 Bishop S. in Framingham or call SMOC at (508) 872-0765.

Good Neighbor Energy Fund

If you don't qualify for federally-funded assistance programs, you can apply for the Salvation Army's Good Neighbor Energy Fund. The Good Neighbor Energy Fund provides utility assistance to qualifying families in the middle income level. For more information on these services, please contact the Framingham Corps at (508) 875-3341 or visit them at 350 Union Avenue, Framingham, MA 01702.

To make a contribution to the Good Neighbor Energy Fund, please visit the Salvation Army's website: <https://easternusa.salvationarmy.org/massachusetts/>. You can also mail a check payable to "Good Neighbor Energy Fund" directly to The Salvation Army at 25 Shawmut Road, Canton, MA 02021-1408.

Streamlined Applications for Assistance

Heating bills come on top of rising costs for other essentials such as shelter and food. Now, the Massachusetts Legislature is making it easier for residents to apply for assistance. The Baker-Polito Administration has incorporated a way to apply for SNAP benefits when submitting MassHealth and Medicare Savings Program paper applications or the MassHealth Connector online application. This means any MA resident who applies for or renews their subsidized healthcare can now apply for SNAP through a simple SNAP checkbox question. This summer, Governor Baker signed legislation to mandate the state create a Common Application for SNAP and DTA cash assistance, healthcare, childcare, fuel assistance, housing and other state-administered needs-based benefits. We will share updates on the Common Application and information when it is available.

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkatehogan.com <https://www.facebook.com/RepKateHogan> and <https://twitter.com/repkatehogan>

Upcoming Office Hours: October 4, 6-7 pm at Hudson Public Library

Hello to everyone



I hope you are all doing well. We have a lot going on this month. First, October 15th starts Medicare Open Enrollment. This is an important time of year for everyone on Medicare to review their health and prescription drug plans for next year. Please see Holly Richardson's article for more specifics regarding appointments for your Medicare reviews. If you are wondering what the difference is between Medicare Supplement plans and Medicare Advantage plans, we are offering a presentation on that topic Oct 24th at 10am. (See information in this newsletter). We will be starting a Bereavement Group at the senior center with Community Social Worker Alex O'Hare starting in November, see Alex's write up on this.

We also have our Friends' Annual Fair Saturday, November 5th from 9am-2pm. Please notice the section in our newsletter regarding our Annual Fair and how you can help. Our last fair was in November in 2019, so we are all looking forward to this event.

~Janice



Marlborough/Hudson Low Vision Support Group at New Horizons, in Marlborough The Third Thursday of every month

If you have low vision or blindness you may benefit from the Marlborough/Hudson Low Vision Support Group. There will be monthly guest speakers, you can ask questions, receive information and resources and members share ideas and life experiences. The meetings are held at New Horizons Independent and Assisted living facility the third Thursday of every month at 10 am. Coffee and pastry is provided by New Horizons and is FREE to all attendees. This program, supported by the Mass Association for the Blind and Visually Impaired, coordinates over 30 low vision support groups in MA.

If you would like more information regarding the Marlborough/Hudson Low Vision Support Group at New Horizons, please contact Pat at 978-496-1394.

Shoulder pain, what the heck is a rotator cuff?

Tuesday, October 18th 2022 at 1 pm at the Hudson Senior Center

Speaker: Kevin Flaherty, Physical Therapist and Owner of Flaherty Physical Therapy
Flaherty Physical Therapy will be offering a FREE Shoulder pain Workshop on October 18th at the Hudson Senior Center at 1pm. This will be an interactive workshop where attendees will learn more about shoulder pain, the rotator cuff and shoulder surgeries and how PT can help before and after surgery. 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. Please sign up at front desk 978-568-9638



Buffet Lunch at the Assabet Epicurean Room Tuesday, October 25th at 11:30am

Buffet lunch includes: Chicken Francese (lemon sauce), Haddock Florentine, roasted potatoes, roasted root vegetables, salad, dinner rolls, a dessert selection and coffee or tea
Cost to you is \$10.00 the senior center will make up the difference. Limited to 70 people

Sign-ups and payment begin Wednesday, October 5th at the Senior Center.

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

Monday, October 24th 10-11am at the Hudson Senior Center

Join Lisa Farnham from BCBS of MA for this in person presentation limit is 25. Call to reserve your seat. (If you want to see this live on zoom, same day and time, please call the senior center)



Bemis Farms Harvest Cornucopia Centerpiece Friday, November 4th at 1pm at the Senior Center cost to you is \$10.00

This long-lasting centerpiece is packed full of the fruits and flowers of the fall 2022 harvest on the farm. **Limited to 25 people**

New Bereavement group at the Hudson Senior Center Starting Monday, November 21, 2022

Hi, my name is Alex O'Hare and I am the community social worker for the Town of Hudson.

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. There will be a Bereavement Support Group at the senior center on November 21st at 1pm and will be recurring monthly on the third Monday of each month. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process. Call the senior center today to reserve a spot with this group. Thank you, I look forward to hearing from you.



Medicare plans change every year!

This is the time to decide on your coverage for 2023.

SHINE (Serving Health Insurance Needs for Everyone on Medicare) Can Help!

SHINE counselors provide free Medicare counseling to help you compare options. Call your senior center for a SHINE appointment between October 15 and December 7! The Hudson Senior Center has 3 SHINE Counselors, Holly, Ana and Janice.

Please fill out the SHINE form in this newsletter and we will call you for your appointment.

REMINDER: At your appointment, please have your Medicare card, other insurance cards, your drug list and your Medicare account username and password. If you don't have an account, you can go to medicare.gov to create one.



Coastal Craft Workshop Friday, November 18th at 1pm

Coastal Crafts Workshop will be holding a class to have you make your own lovely "window" to the sea or wherever your creative mind takes you.

You will be provided with a 5X7 glass frame to decorate with a plethora of items; sand, shells, sea glass, rocks, pearls, beads etc... resin and hardener to "seal the art". So many choices to make your masterpiece.

This workshop is being provided in large part by an anonymous donor who would like to honor the memory of two amazing elders; Claire Feehan and Marie Mulcahy.

With utmost respect for our senior community, providing something fun and a little different for them to enjoy for themselves or as a gift for someone they love. **Please sign up for the class no later than November 4th. Limited to 25 people. Cost to you is \$10.00**

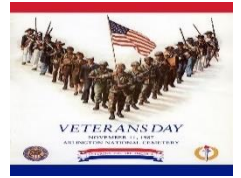
In Honor of Veterans Day

Veterans Breakfast Tuesday, November 15th at 9:30am (Veterans only)

At the Epicurean Room at Assabet Technical High School

Breakfast includes; omelet station, waffle station made to order eggs, home fries, bacon and sausage and fruit. (Limited to 50 Veterans)

You must sign up for this. Please call 978-568-9638 for your reservation.



“VETS TALK” A program for Veterans
Thursday, October 6th, 13th & 20th at 9am
Every Thursday except the 4th Thursday of the month

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.

Blood Pressure Clinic Returns on Thursdays...

- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 11:30am-12:30pm *
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th Thursday with Janet 9:30am- 11am

Our monthly Caregivers Support Group at the Hudson Senior Center Thursday, October 13th at 1pm-2pm

A monthly Caregivers Support Group will be at the senior center, **the second Thursday every month** led by Alex O’Hare, the community social worker for the Town of Hudson Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones. **Call the senior center today to reserve a spot with this group.**

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 15th. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary.

For an application and/or further information: <https://www.aarp.org/volunteer/programs/tax-aide/>

For State Election Early Voting

You can In-person early vote at Town Hall from Saturday, October 22 to November 4,
Monday through Friday 8AM- 4:30PM



****EXTENDED HOURS****

Saturday, October 22nd from 9 AM to 5 PM

Saturday, October 29th from 9 AM to 2 PM

Reminder: Senior Center Closed Monday, October 10th for Columbus Day

Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order

Suggested Voluntary Donation of \$3

Wednesday, Oct 5th

Cold Menu: chicken w/ peach salsa, Israeli cous cous salad and California blend veggie salad

Hot Menu: macaroni & cheese, stewed tomatoes, dinner roll and applesauce

Thursday, Oct 6th

Cold Menu: egg salad, chick pea & cilantro salad, roasted vegetables

Hot Menu: sliced roast pork, jardinere gravy, Yukon gold potatoes, peas, multigrain bread, fresh fruit

Wednesday, Oct 12th

Cold Menu: mixed greens with salmon, tangy 4 bean salad, roasted vegetables

Hot Menu: Breaded chicken drumstick, orzo pilaf w/spinach, san Francisco blend veggie, whole wheat diner roll and fruit cup

Thursday, Oct 13th

Cold Menu: chicken Caesar salad, Italian pasta salad and pineapple

Hot Menu: beef in teriyaki sauce, stir fry blend, vegetable fried rice, fortune cookie, wheat bread and fruit cup

Wednesday, Oct 19th

Cold Menu: sliced turkey breast, quinoa w/ roasted veggies and sesame cucumber salad

Hot Menu: pot roast w/ gravy, sour cream and chive mashed, carrots, multigrain bread, oatmeal cream cookie

Thursday, Oct 20th

Cold Menu: tortellini & turkey salad, beet and onion salad and broccoli salad

Hot Menu: chicken & rice bake, broccoli, wheat bread and yogurt

Wednesday, Oct 26th

Cold Menu: roast beef, orzo and spinach salad, broccoli salad

Hot Menu: breaded chicken patty w/marinara and mozzarella, bowtie pasta, Italian blend veggie, whole wheat dinner roll, yogurt

Thursday, Oct 27th

Cold Menu: mixed greens with salmon, tangy 4 bean salad, peaches

Hot Menu: sliced roast turkey, herb gravy, bread stuffing, butternut squash, rye bread, fresh fruit

Transportation News...

Food Shopping Day : Tuesdays



- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaws or WalMart: pick-ups beginning at 10am



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm.

Please note: Senior Center is Closed on Monday, Oct 10th.

Please call on Friday for Tuesday Appointments

Masks MUST be worn while on the bus at all times regardless of vaccination status.

Seatbelts must also be worn

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*

- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people *Cost: no charge*

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am - Cost: \$10/month**
- **Mat Pilates with Jennifer: starting on Thursday, September 8th at 9:00am - Cost: \$10/month**

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people) - *Cost: no charge*
- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

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.

(The class will be limited to 20 people)

Online 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 Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**

This 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. *Cost: \$12/month*

- **Zoom Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/month**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. Cost: no charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am Cost: no charge**

Message from the Friends...

Next Friends Meeting: Tuesday, October 11th at 9:30am



After a two-year hiatus
the Hudson Senior Center Fair is back!



Saturday, November 5th, 9am – 2pm
at the Hudson Senior Center

Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items,
Holiday items, raffle baskets, Raffles and much more

Donated items and Baked Goods are needed for our Annual Fair

Our Friends organization is asking for items for the Christmas and Vintage Room to be sold at the Fall Fair as well as crafts, knitted or quilted items, holiday decorations such as wreaths, wall hangings or centerpieces and themed baskets for our basket raffles. Please, only gently used items that you would consider giving to a friend.



If you would like to bake something we ask that you bring your baked goods in by Friday, October 31st. 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 a successful event. We truly appreciate your time and talents!

Baking Day at the Hudson Senior Center Monday Oct 31st 1pm-3pm

To get in the "Spirit" for our Fall Fair, we are going to have a Bake Day at our center on Monday October 31, 2022. We are asking you to bring packaged breads (banana, cranberry, date nut, pumpkin etc). You can also bring packaged cookie mixes, Pillsbury refrigerated slice and bake cookies etc.

The Friends will provide the eggs, milk and oil. So, come with your mixing bowl and disposable baking pan (if possible), along with mixing spoons and spatulas.

We are hoping this will be a fun social event. Janice Long will be baking with us. If you are unable to participate in this group event, please feel free to donate a box of mix at the Senior Center.

APPLE PIES

The Friends of Hudson Seniors are looking for volunteers to make homemade apple pies to sell at the Saturday, Nov. 5th Fair. Pie making day is **Thursday, Nov 3rd at 11am** 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 and apple peelers.



Deep dish baked and frozen pies will be offered this year. Baking directions will be included with each frozen pie. Cost for each pie is \$10.00.

All PIES (FROZEN OR BAKED) MUST BE RESERVED BY November 3rd

Order your pies at the Senior Center desk or call 978-568-9638

Raffles (Drawings on November 5, 2022)

- **Brand New Dyson V8 cordless vacuum with 3 tools and tool bag**
1 ticket for \$5.00 or 3 tickets for \$10.00
- **A Beautiful 90"x 111" size Quilt Raffle**



Made by our talented Quilting club

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

Tickets available at the senior center front desk



Hiking Club

Assabet Wildlife Refuge Friday, October 21st at 9:30 am

Join Gary, Rocky and Diane for another fun hike on Friday, October 21st at 9:30 am at the Sudbury Assabet River Wildlife Refuge located at 680 Hudson Road, Sudbury MA. Drive all the way into parking area on the right where the main building is located. We will meet there. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!

Movie Day' at the Center

Here is the listing for the movies in October. 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, October 17th & Friday, October 21th – *Jerry & Marge Go Large*



Inspired by the remarkable true story of retiree Jerry Selbee (Bryan Cranston), who discovers a mathematical loophole in the Massachusetts lottery and, with the help of his wife Marge (Annette Bening), wins millions and uses the money to revive their small Michigan town.

Rating: PG-13 Runtime: 1hr 36min

Monday, October 24th & Friday, October 28th – *Hocus Pocus 2*



Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

Rating: PG Runtime: 1hr 43min

Hudson Senior Center Trips 2022



Wednesday, November 16th The Beat Goes On! ~Cher Tribute Show

The Number # 1 Cher Tribute Show in the world! We welcome to our stage Cher tribute artist /Cher impersonator (sing-alike, look-alike, walk-alike, talk-alike,) Lisa McClowry. Lisa is an accomplished singer and stage actor whose voice has appeared in major motion pictures, international commercials for radio and TV with numerous critically acclaimed original albums, as well as theatrical stage performances including dramatic, musical and comedic lead roles. Not only is Lisa a well-known singer, but respected as the most authentic and well-rounded CHER tribute artist capturing Cher's singing voice, look, walk, talk and mannerisms. Plated Luncheon Meal: Thanksgiving Dinner with the Fixings and Side or Vegetable Lasagna, Dessert, Coffee/Tea at Danversport– Danvers, MA

Price: \$99.00pp

Special Presentation on Tuesday, October 18th at 1pm

Sign up for this presentation and learn more about this upcoming cruise....



May 5th -12th, 2023 8 Day/7night Boston to Bermuda Cruise featuring the Sicilian Tenors Board the Norwegian Pearl. Prices starting at \$1599pp with many extras included! (double occ. Cabin fare not including taxes, fees & transfers.



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.*

STAYING IN CONTROL

A client of mine died peacefully this year in a really wonderful old retirement home that even reserved a “hospice” room for people who need extra space and support in their last days. This article is not about that home, although it’s a wonderful place to live out the remainder of your life if you can’t manage it on your own. This is about how my client got there, which wasn’t easy. Several years ago my client, who was then healthy and living alone in her home, developed her estate plan as part of which, among other things, she executed a Health Care Proxy naming her out-of-state estranged sister (who is a nurse) as her proxy agent. What she did not do was tell her sister. To my client, the Health Care Proxy was an afterthought. Until it wasn’t.

Last year, I got a call from my client’s brother-in-law, who also lives out-of-state and was named as my client’s Power of Attorney agent, saying my client had a serious medical emergency that landed her in the hospital. There was no way that she had the physical or mental ability to return home, and there was no way she could make any medical decisions for herself. The hospital contacted the out-of-state sister, who refused to accept the responsibility to deal with my client’s issues. Neither would the sister’s husband, who had been named as the alternate agent. The hospital staff were frantic, since they could not do anything, including discharge my client, without the assent of the proxy agent.

The only solution was for someone, in this case the brother-in-law who was the power-of-attorney agent, to ask the probate court for a guardianship. When he did, though, and all my client’s other siblings were notified, several of them objected. They did not like the brother-in-law. Then there was the question of whether my client should return home (with a lot of care) or whether she would be happier, and be treated better, at the retirement home. Several months, several court hearings, and thousands of dollars later, my client was finally discharged to the wonderful retirement home, where she lived peacefully and her health actually improved somewhat before she eventually died there.

The moral is simple. Name a proxy agent who will make the decisions you want. Talk to your proxy agent about what you think is important to your quality of life if you are frail. Write down your wishes and give them to your agent. Then go out and enjoy today. For more information, visit Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast 8; Verizon 47), along with “Frank and Mary in Hudson,” where I address common issues facing seniors and available resources. If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.

15-minute Legal Advice with Attorney Arthur Bergeron

Wednesday, October 12th from 1pm to 3pm by appointment only



Attorney Bergeron will be available for private 15-minute sessions the second Wednesday of the month. 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

DayBreak 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** at 978-568-9638

Or email at lbbazarian@gmail.com for more information.



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, October 19th at 10:30am

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

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

Mon, Tues, Wed & Friday 8:30-11:11:30am

BRIDGE

Tuesday & Friday 1pm-3pm



PM CARDS

Canasta Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up

Open Painting Studio

Returning Tuesdays 10am-12pm beginning Sept. 13th No teacher, but a group of friendly, helpful artists, willing to share ideas and talents!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players! Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

Come play on our 2 beautiful tables! Monday-Friday 8:30-3:30



Hudson Senior Center Gift Shope

Thursdays 9:30am -12:30pm

Senior Center Lending Library



Donations made to our Library are appreciated with **Copyright date no earlier than 2012. **Check out our new Large Print section****

Medicare Open Enrollment

The time has finally come to update and review your insurance for the year 2023. This year, we will be meeting with clients both in person as well as over the phone. 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, the list of medications a plan will cover next year can change, and even the medications you are prescribed can change.

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 2023. 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 mail in the pre-enrollment form (enclosed in this newsletter) to us so we can call you back to schedule an appointment. If you'd prefer to call us to schedule an appointment, you can bring this form in with you at the time of our meeting. If you are mailing in the pre-enrollment forms, please give counselors a few days to call you back to schedule a phone or in office 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, the appropriate dosage and doctors before we meet with you in person. Please be as accurate as possible when creating your medication list and make sure that it is complete. To ensure your medication list is complete you can call your pharmacy and request a print out of your current medications. This will provide you the proper spelling and dosages of your medications. Having accurate information will help us better prepare for our meeting with you.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO SERÀ DE SEGUNDAS ÀS SEXTAS DAS 9:30 DA MANHÃ ÀS 3:30 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 2022, para ser efectivo no dia 1 de Janeiro de 2023.

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 2022 até o dia 30 de Abril de 2023.

Número de Pessoas na Família

1

Rendimento

\$42,411

2

\$55.461

3

\$68,511

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

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.

DATAS IMPORTANTES

Dia 10 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”

Dia 11 de Outubro – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 12 de Outubro – Consulta grátis sobre com o Advogado Bergeron às 1:00 da tarde. Telefone para marcar um apontamento.

Dia 25 de Outubro – Almoço de bufete às 11:30 da manhã no Assabet Valley High School, Epicurean Room em Marlborough. **O custo é \$10.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 5 de Outubro para reservar e pagar o seu almoço.**

Dia 4 de Novembro – “Cornucopa Kit” do “Bemis Farms” a 1:00 da tarde no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. **O custo é \$10.00. Limitado a 25 pessoas.**

Dia 5 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 3 de Novembro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maçã.

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

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Fall Word Search

C U W V B F K S Q S W H A R V E S T H G
 O Y S M A N T A T O U U O G K R P M L E
 A C F D F O O T B A L L W B T Q W O Z B
 S E E Z Z A G E R Y N T U E N I B E X R
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 C Y A O O P I Q O N H T X F W J Z Y P E
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 R D E F I D C W K O Q M Z Q R B F Z U S
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CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



October

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Chess 03:00p Grab and Go Lunch	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Self Empowered Living 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop 01:00p Writing Workshop
10	11	12	13	14
08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Self Empowered Living 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo 01:00p Bergeron Advice 01:00p COA Brd Mting	08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
17	18	19	20	21
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 09:45a Billiards League 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Chess 01:00p Shoulder Pain 01:00p Travel Presentation	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Hiking Trip 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p Bridge
24	25	26	27	28
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 10:00a MEDICARE PLANS 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:30a Assabet Luncheon 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p Bridge
31				
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 01:00p Baking Day				

SHINE Pre-Enrollment Information Sheet

Please print

Name: _____ Date: _____

Address: _____ Zip code: _____

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: _____

