



Among Friends April 2021

Friends of HCOA website: www.fhcoa.org



PLEASE NOTE ...

We have been receiving calls asking when we will reopen. In response, we continue to operate using an abundance of caution for everyone's benefit and will open when it is absolutely safe to do so. Until then, we continue to social distance. With that in mind, we have cancelled most of March's programming and all trips for the immediate future. **Transportation is available** by appointment, **call Mary at 508-210-5573**; as are **Outreach Services, Meals on Wheels, Grab & Go Lunches**, and the staff is here Monday-Friday to answer any questions or concerns you have either via phone or e-mail. We look forward to seeing all of you here at the Center as soon as it is safe to come together again. **As you aware, things change EVERY MINUTE, so the information in this newsletter is accurate up to mid-March when it went to print.**



APRIL'S HOME-COOKED GRAB & GO LUNCH



On **Wednesday, April 14** we will host a home-cooked Grab & Go Lunch. This month's menu will include: Easy Please-y Meatballs over Buttered Noodles, Broccoli, Rolls, Butter, Beverage and a delicious homemade dessert. Reservations are **required**, as numbers are limited. Please call 508-210-5570 to make your reservation. **We ask that each household make their own reservation.** We will accept reservations through April 7, or until we reach capacity. Please pick up your lunch between 12:00 and 12:30.

**THE SENIOR CENTER WILL BE CLOSED
ON
MONDAY, APRIL 19 IN OBSERVANCE OF
PATRIOT'S DAY**



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Faye Ellis
Nancy Melton
Richard McPhee

Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

Director: Louise Charbonneau
Secretary: Maureen Buffone
Program Coordinator: Clare Nelson
Transportation Coordinator: Mary Sloan - **508-210-5573**
Outreach Worker: Paula Earley
Outreach Worker: Dale Hayden
Drivers: John Bianco, Greg Tivnan,
Katherine LePain, Lisa Larson
Meal Site Manager: Sue Donaldson - **508-210-5578**

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

SOMETHING SPECIAL FOR YOU TO ENJOY

For the month of April, the Holden Senior Center will host a pre-recorded concert by the Wachusett Community Band. In addition to many of your favorites, this concert will feature a special event - music from the story "Peter and the Wolf." What a great way to spend a showery April day or evening! Tune in to Holden Cable Channel 191 throughout the month of April on Tuesdays at 3:00 p.m.; Thursdays at 7:00 p.m. and Saturdays at 10:00 a.m. for the full concert.



TINA BEMIS DOES IT AGAIN!!!



The Holden Senior Center is hosting a special event by Bemis Farms Nursery. We welcome you to sign up for a "Grab & Go" Cool-Loving Spring Bowl. Everything you need to create an early garden pot comes in a kit and includes directions for assembly. Partial-cost for the kit is being subsidized through the Holden Senior Center. Your cost for the kit will be \$10.00. Kits can be picked up at the Holden Senior Center on Wednesday, April 28 between the hours of 11:00 and 11:30 a.m. Reserving your kit is a **MUST** and be done by calling 508-210-5570 **prior to April 21.**

Please note that the picture at left is NOT a true example of the kit you will be receiving.

FREE LEGAL CONSULTATIONS



On **Monday, April 12**, Attorney Arthur Bergeron from the firm Mirick O'Connell, will offer free 15 minute legal consultations. Appointments will be scheduled from **10:30 a.m.-12:15 p.m.** and will be done over the phone. To reserve an appointment, please call 508-210-5570 to leave your name and phone number. Mr. Bergeron will phone you at the appointed time.

COVID-19 VACCINE UPDATE

The Town of Rutland has established an Emergency Dispensing site to provide area residents with the COVID 19 vaccination. In an effort to assist residents with obtaining an appointment, we are creating a notification list which will provide alerts for future clinics. Please submit your name, number and e-mail through the following link, <https://www.mapsonline.net/holdenma/forms/tablet.html.php?id=188677837&sid=3ff09a12cde5722a848df1e02a816f04>, you may also be placed on notification list by calling 508 210-5540. We would like to thank Rutland for providing this opportunity to Holden residents.

OTHER RESOURCES FOR VACCINATION

Worcester State University, 486 Chandler Street - A State wide clinic is open and new appointments are added every Thursday to www.maimmunizations.org.

The local Walgreens, 1145 Main Street in Holden also has a limited supply and appointments must be made through the website at: <https://www.walgreens.com/findcare/vaccination/covid-19>.

For the town's most up to date information, please visit: <https://www.holdenma.gov/home/urgent-alerts/covid-19-information-and-vaccine-updates-town-building-closure>.

****Note: Again, the Senior Center staff reminds you that this information is current only up until this newsletter went to print in mid-March. Please check the web page given above for the most current information.**

NEWS FROM SHINE ~ DO YOU NEED HELP WITH MEDICARE COSTS?



MassHealth Buy-In Program, also called Medicare Savings Program will pay for the Part B monthly premium, \$148.50 per month. These programs may also help pay some of your out-of-pocket costs of Medicare. The Buy-In Programs can also help get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, through Social Security, which can help with pharmacy costs. The information below is the financial eligibility for April 2021:

	Monthly Gross Income	Assets (i.e., Savings Account)
Individual	\$1,771	\$15,940
Couple	\$2,396	\$23,920

If you feel you may be eligible under these new income guidelines, feel free to call the SHINE Program for more information. The SHINE Program (Serving Health Insurance Needs of Everyone), is federally funded and state administered through the Executive Office of Elder Affairs. The Program annually certifies over 700 counselors statewide, that provide unbiased, confidential counseling on all aspects of Medicare, related private insurance products and financial assistance programs. To reach the Central Mass SHINE Program, phone 508-422-9931 or email: info@shinema.org. We welcome you to visit us at our Central Mass Website www.shinema.org for useful information and applications programs. To make an appointment with Holden's SHINE Counselor, please call the Senior Center at 508-210-5570.

FROM THE FRIENDS OF HCOA ...



We held our first in person monthly meeting of the year on March 1st. We had a nice turn out of members, many of whom had not seen one another since last Fall. Now that the weather is beginning to warm up and many members have received their COVID vaccine, we are looking forward to meeting regularly ... just a reminder, as Louise Charbonneau, Director of the Senior Center mentioned, the Senior Center

remains closed to the public at this time.

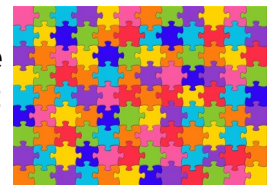
During our meeting the group approved a request from Clare Nelson, HCOA Program Coordinator, to donate the knit hats, scarves and mittens from the FRIENDS table to the Worcester Public School "coats for kids" program; ... Proposed and approved a recommendation to make a donation to the Greendale Peoples Church in memory of our dear friend and long time HCOA volunteer, Barbara Pearson.

Carol Upton, our FRIENDS V.P. brought us up to date on the continuing work to bring our membership and newsletter database current. Carol has done a great job working with Maureen Buffone from the Senior Center in this effort.

We were advised by Louise during our meeting that the Town of Holden has replaced the van which is owned by the Town of Holden. This van was put into service in March.

JUST A REMINDER ...

... Don't be bored at home, we are putting puzzles on a cart labeled "Puzzles from the Senior Center" outside the main entry to the Senior Center. You can come take a puzzle, and if you have some you'd like to share, you can leave them on the cart labeled "Puzzles from your Friends." Puzzles that are left on that cart will be set aside for 72 hours and will be sanitized before we make them available to others. Carts/puzzles will be available every Tuesday and Thursday from 8:30-3:30. If the carts are not there, please ring the doorbell.



2021 DAY TRIPS



Eileen, Dianne and Dale have been busy working on interesting trips for the year 2021. It is our hope that we will get back to normal and be able to enjoy some adventures together once again.

The following are the trips we have scheduled. We are not accepting checks. We will add your name to our lists, if you would like to sign up. We will contact you should a trip be allowed to go or is cancelled. Thank you for your continued support of our senior programs.

Our April 21 trip to the Texas Tenors/Danvers Sport Yacht Club has been rescheduled to August 26, 2021. Everyone who registered has been notified. Thank you for your continued support for our Senior trips, We've added 2 new trips for your consideration ...

Please call 508-210-5579 to sign up with your name, phone number and your meal choice if applicable. Thank you.

- May 20, 2021 - A Tasteful's Fun/Labelle Winery/Murphy's Taproom - \$139/person - Buffet Lunch.
- June 23, 2021 - Memories of Patsy/Patsy Cline Tribute Show/Lantana's - \$98/person - Chicken Breast Lunch.
- July 14, 2021 - Jimmy Buffet Tribute/Foster's Lobster Bake/Maine - \$101/person - Lobster or BBQ Chicken.
- July 27, 2021 - Spirit of Boston Cruise/Faneuil Hall & Quincy Market - \$111/person - Grande Buffet.
- August 26, 2021 - Texas Tenors/Danvers Sport Yacht Club - \$101/person - Chicken Parm. or Baked Scrod.
- September 14, 2021 - Narrangansett Lighthouse - \$99/person
- October 19, 2021 - Green Mountain Railroad - \$101/person

PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP.



YOU'RE INVITED TO JOIN IN THESE EXERCISE CLASSES FROM YOUR HOME...

The following exercise classes will continue to air on HCTV station 191 during the month of April on the following dates and times. It's important to get up and keep moving. Hopefully these opportunities will help you do just that!

Tai Chi with Gary: Mondays at 11:00 a.m.; Tuesdays at 6:00 p.m.; & Wednesdays at 1:00 p.m.

Low Impact Exercise with Joyce (newly recorded): Thursdays at 11:00 a.m.; Fridays at 6:00 p.m. and Saturdays at 2:00 p.m.

Exercise with Marty: Sundays at 11:30 a.m.; Mondays at 5:00 p.m.; and Tuesdays at 2:00 p.m.

We hope if you haven't had the opportunity to try the exercise classes, that you will check them out and enjoy them. A big thank you to the instructors for taping these classes and to Jay Brunetta and Evan Schakenbach from HCTV for giving their time and talents in the taping of the classes.

From the Outreach Office

April brings signs of new beginnings. We are hoping to begin a new season filled with the promise of getting together in the near future to enjoy visits with our friends.

Let's begin by re-evaluating what you need for services. The Outreach Office can assist you with filling out applications for SNAP (food stamps), Housing, Help at H.O.M.E., etc.

We can provide medical equipment, Library book delivery, Food Pantry delivery, and much more.

Do you need your File of Life Updated? Could you use services provided by Elder Services of Worcester? Our Police Department provides a Telephone Reassurance program for people living alone. Please call us with any questions about any of these services. We can help.



Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576

In March we received the sad news that our former Director, Cindy Beck passed away. Cindy was much loved, admired and respected. She was a strong, passionate and dedicated advocate for Holden's elders. As a tribute to Cindy, I have chosen one of my favorite Cindy's Corner stories. Cindy's Corner was a column she wrote monthly in the newsletter offering her memories of growing up in a simpler time. I hope you enjoy it.

“Cynthia’s Bouquet

I can't believe it's April. Another spring full of new awakenings. The trees are budded; daffodils, and crocus are up and in bloom. Birds are preparing their nests. A wonderful time of renewal and wonder.

It amazes me how each spring, like clock work, the earth comes to life again. No matter how difficult the winter has been, the memories seem to vanish with the first flowers that bloom.

As I have mentioned before, my mother was from the south and the long hard New England winters were very difficult for her. As soon as she was able to get out, she would cut some branches off a big bush for me. In a few days the buds were swelling and soon bright yellow flowers appeared.

My mother said they were called “Forsythia” but we could call them “For Cynthia” because they were my special flower.

Every time I see the bright yellow flowers, I remember my mother and her love of the spring.”



Rest in Peace Friend ~ Thank you for everything.



GRAB & GO LUNCHES

PLEASE NOTE CHANGE IN MAKING RESERVATIONS

Not quite ready to go to a restaurant, but tired of cooking? We have a solution for you!! We are still offering a Grab & Go Lunch through Elder Services. The lunch is the same as if you were eating here at the Senior Center (See menu on next page). Here's the way it works:

NOTE CHANGE: You call **SUE** (not the Senior Center) at **508-210-5578** between **9:00 a.m. and Noon** to make your reservation. You **MUST call 48 hours in advance**. (i.e., call by 12:00 on Thursday for the following Monday or by 12:00 p.m. on Tuesday to receive a lunch on Thursday.) The day you're scheduled to receive a meal, you pull up to the kitchen door on the side of the building between **11:30** and **12:00**; knock on the door and step back; Sue will place your meal(s) on the table outside the door. Also on the table, will be a donation box. We respectfully ask for a \$2.50 donation per meal, which you can place in the box. Needless to say, if you want to call and make reservations for the month, you're more than welcome to do that.



**FRIENDS OF HCOA
I WOULD LIKE TO:**

Renew My Membership
Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:



Name: _____
Address: _____
Telephone Number: _____
E-mail: _____

DUE TO COVID-19 RESTRICTIONS we are unable to accept memberships at the door so, please MAIL your membership to:
Holden Senior Center, 1130 Main Street, Holden, MA 01520. Thank your for your cooperation.

APRIL MENU
(Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) Baked Ham	2) Vegetable Cheese Bake
5) Chicken Pesto	6) Hot Dog/Beans	7) Roast Pork Loin	8) American Chop Suey	9) Jambalaya
12) Shepherd's Pie	13) Greek Chicken	14) Meatloaf/Gravy	15) Turkey/Supreme	16) Lemon Pepper Haddock w/Sauce
19) Patriot's Day No Meal Served	20) Teriyaki Beef	21) Chicken Milano	22) Salisbury Steak w/gravy	23) Potato Crunch Fish
26) Chicken Picatta	27) Meatballs with Onion Gravy	28) Marinated Pork Loin	29) BBQ Chicken	30) Macaroni & Cheese

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Return Service Requested

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520

Presorted Standard
U.S. Postage
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