



Among Friends December 2020

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 December programming and all trips for the remainder of the year. **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 constantly change, so the information in this newsletter is accurate up to mid-November when it went to print.



DO YOU KNOW SOMEONE WHO NEEDS HELP??

Many people are struggling due to the COVID-19 pandemic. If you know a Holden resident/family (no matter the age) or if you are struggling to pay your bills or heat your home, please contact the Senior Center at 508-210-5570.

Holden is very lucky to have a Help at H.O.M.E. fund. Help at H.O.M.E. was established 13 years ago by then Town Manager Brian Bullock to help residents who were struggling to heat their homes what with the rising heating oil costs. It has since grown to assisting with the necessities of every day living. Help at H.O.M.E. is totally funded through generous donations from your neighbors, churches and some local businesses who want to help their neighbors through this difficult time. The process is very simple, a brief application, a few supporting documents and the committee who oversees the fund will do what they can to offer assistance. So, please, don't struggle unnecessarily. The process is completely confidential. Encourage those you know who maybe could use some assistance to contact us. Help at H.O.M.E. is for Holden residents only and is here for you.

A very big thank you to Leominster Credit Union and Kim Cary, AVP/Branch Manager-Holden for their generous donation of masks for Holden's elders. If you're in need of a mask, please call 508-210-5570 to request one and/or be certain there are some left. You can either pick it up Monday-Friday between 8:00 a.m. and 3:30 p.m. or we could mail it to you.



COUNCIL ON AGING BOARD MEMBERS

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

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.

SENIOR DAYS IN DECEMBER AT THE REGISTRY OF MOTOR VEHICLES FOR CUSTOMERS 75+ WHOSE LICENSES EXPIRE IN DECEMBER

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in December at 17 RMV Service Centers to serve these customers.

These service centers will be dedicated to processing license renewals for older customers who licenses expire in December, 2020. **A reservation is required.**

Providing older adults with a designated RMV service center every Wednesday through the month of December will result in a safer space for customers to visit.

The designated RMV Service Centers for customers 75+ are:

Brockton	North Adams
Danvers	Pittsfield
Fall River	Plymouth
Greenfield	Revere
Lawrence	South Yarmouth
Leominster	Springfield
Martha's Vineyard	Watertown
Nantucket	Worcester
New Bedford	

Customers 75 and older will be able to visit the RMV Service Centers listed above by reservation only Wednesdays in December. License and ID renewal appointments are also available at our other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver's License or Mass ID option on the Make/Cancel a Reservation at: www.Mass.Gov/RMV to view availability and make a reservation at one of these locations.

A renewal letter has been sent to eligible customers who currently hold a driver's license or ID card expiring in December. Below are the options to renew by appointment:

- ** If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location. Visit www.aaa.com/appointments to schedule your visit.
- ** If you are not a AAA member, visit Mass.Gov/RMV to Make a reservation to renew at an RMV Service Center Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction."
- ** Email the RMV for assistance to renew at: MassDOTRMVSeniors@dot.state.ma
- ** Call the RMV at **857-368-8005**.



SENIOR MEET UPS

Remember to send your email address to hcoameetups@gmail.com and let us know some of your ideas. We are looking forward to starting some interesting groups to help us through the upcoming winter.



MEDICARE OPEN ENROLLMENT TIME IS HERE



Our SHINE Counselor, Suzanne is now available for virtual appointments over the phone or perhaps through Zoom or Google Meetings. In order to register for an appointment to talk to Suzanne, please call the Senior Center at 508-210-5570. We will take your name and phone number and schedule a specific time for you. We will pass that information on to Suzanne, and she will call you at the appointed time. All appointments are on Wednesday afternoons.

FREE LEGAL CONSULTATIONS

On **Monday, December 14** 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.



AN UPDATE FROM THE PRESIDENT OF THE FRIENDS OF HCOA ...

On November 9, 2020, we held our monthly membership meeting outside the Holden Senior Center. It was a warm and welcoming day as we had a large number of members in attendance. We discussed the updates to our FHCOA.ORG web page. The site is now much easier to navigate, and we hope you will visit the site and give us your feedback as we strive to make the site more informative.



We then discussed our membership committee's progress in drawing up proposals to be presented to the members about how best to solicit dues in arrears; stay in touch with members, and how we can attract new members for the FRIENDS.

Clare Nelson has again this year coordinated the Holden Senior Center Pen Pal program with the 3rd graders at Mayo School. This year's program is a remote program, as we will not physically meet our Pen Pals. Our letter program via the USPS or e-mail will be the conduits between seniors and the students. All are looking forward to receiving a letter from our Pen Pal.

As a result of our November "LETTER," we have seen a flurry of dues payments come into the Senior Center. We thank you so much for your thoughtfulness and caring.

Recognizing this holiday season will be like no other in our memories, we ask you take time to contact someone you may not have seen over the past few months and wish them well, as we wish you all a special holiday.

Respectfully submitted,
Wayne Howard, President, FHCOA

GAUGING INTEREST ...

Are you interested in a Zoom Chair Yoga class with our instructor Katie Cohen? She is **considering** offering classes this winter via Zoom. This will be a trial experience for all, since Katie has not taught on Zoom before and taking a class via Zoom may be new for you as well. We can perhaps patiently explore together. Day and time to be determined, but most likely Tuesday and Thursday mornings. Please contact the Senior Center at 508-210-5570 or louisec@holdenma.gov or Katie via email at katie@centeredseniors.com. Once we gauge interest, details about starting date and cost/class will appear in the newsletter.



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.

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

April 22, 2021 - Texas Tenors/Danversport Yacht Club - \$101/person - Chicken Parmesan or Baked Scrod

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

HO HO HO ... LUNCH TO GO!

Once again, because it's not safe for us to gather to observe Christmas in person, on **Wednesday, December 9** we will be offering a homemade Christmas "stick to your ribs" lunch. Lunch will be beef stew, roll, and dessert. The stew will be served in a microwavable bowl so you can have it nice and hot! You may even find a little something extra in the bag from Santa! Reservations are **REQUIRED** and can be made by calling 508-210-5570 and will be accepted through Friday, December 4 or until we reach capacity.

This lunch is being sponsored through a generous donation from the Holden Women's Club. We sincerely thank them for their thoughtfulness.



COMING IN THE NEW YEAR ...



Did you overeat at the holidays? Feeling cooped up and need to get moving during the winter months? The Holden Senior Center has plans to put several of its most popular programs on our local cable station, channel 191. Watch this space! We will list times and dates for yoga, tai chi, low impact exercise and balance classes in the new year. Free and being made available to you in comfort of your own home.

A Christmas Treat

The Shoreline Ringers is a hand bell ringing group from Connecticut. They very graciously allowed us to purchase a recording of one of their concerts for your enjoyment. The concert will air on Holden's cable channel 191 on the following dates and times in December: December 6, 13, and 20 at 3:00 p.m.; December 22 at 11:00 a.m.; December 24 at 6:00 p.m. and December 25 at 7:00 p.m. We hope the concert will help make your holiday a little more enjoyable and festive.





From the Outreach Office

Unfortunately, the Holiday Season will look a lot different this year. We want you to know that we are here to assist in any way we can. It is important to stay connected to family and friends, find interesting activities and stay healthy.

We are still providing Book Express and monthly food delivery from the Food Pantry. Please contact Paula or Dale with questions or concerns regarding fuel assistance, food pantry, SNAP, housing, Help at H.O.M.E., medical equipment, etc.

We have been asked about free COVID-19 testing for Holden residents. **Mass.gov is a great place to find information. Google "Mass.gov" in the search bar type Stop the spread then scroll to Worcester. This is what we found for free COVID-19 test sites. Drive up testing.**

Monday's	Quinsigamond Community College, 670 West Boylston St.	8 a.m.-12 p.m. and 1-4 p.m.
Tuesday's	Quinsigamond C.C. Athletic Center	1-4 p.m.
Wednesday's	Quinsigamond C.C. Burncoat Street side	8 a.m.-1 p.m.
Wednesday's	19 Tacoma Street in Great Brook Valley	1-5 p.m.
Thursday's	Quinsigamond C.C. Burncoat Street side	8 a.m.-12 p.m.
Thursday's	72 Jaques Avenue - Community Health Link	12-4 p.m.
Thursday's	1 Salem Square - YWCA	3:30-5:30 p.m.
Saturday's	50 Canton Street near Crompton Park	11 a.m.-4 p.m.

Call 2-1-1 for detailed information from the CDC regarding the Corona Virus in Massachusetts.

Free online Health tool for information and assistance. www.Buoy.com/mass

Paula ~ 508-210-5575

Dale ~ 508-210-5576

GRAB & GO LUNCHES

Not quite ready to go to a restaurant but tired of cooking? We have a solution for you!! We are starting to offer 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 back page). Here's the way it works: You call the **SENIOR CENTER**

(not Sue) at 508-210-5570 to make your reservation. You **MUST call 48**

hours in advance. (i.e., call by 12:30 on Thursday for the following Monday, or by 12:30 on Tuesday to receive a lunch on Thursday.) The day you're scheduled to receive a meal, 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.



The Board and Staff of the Holden Council on Aging wish you good tidings and the blessings of good health, great joy and precious moments with family and friends during this Christmas season. Merry Christmas to you and yours.



As we start the new year, we wanted to offer some home-cooked, stick to your ribs deliciousness. So we're bringing back one of our more popular home-cooked meals. On **Wed., January 13**, we will offer a lunch of chicken & rice, peas, cranberry, roll & butter, dessert and we will provide a teabag so you can make yourself a nice warm, soothing cup of tea to enjoy with your lunch. Reservations are required. You can make your reservation by calling 508-210-5570. Reservations will be accepted through Fri., January 8, or until we reach capacity. Meal pick-up will be between 12:00 & 12:30.



**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: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

DECEMBER MENU
(Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Vegetable Cheese Bake	2) Chicken Milano	3) Salisbury Steak & Gravy	4) Fish w/Crumb Topping
7) Chicken Picatta	8) Meatballs with Onion Gravy	9) Macaroni & Cheese	10) Marinated Pork Loin	11) Chicken w/BBQ Sauce
14) Beef Stew	15) Lasagna and Meatballs	16) Chicken Fajitas	17) Hot dog and Baked Beans	18) Roast Turkey w/Gravy
21) Shepherd's Pie	22) Chicken Cordon Bleu	23) Beef w/Onions & Peppers	24) Baked Potato w/ Chili & Cheese	25) Christmas Day <i>No Meal</i>
28) Chicken Mornay	29) Meatloaf w/Gravy	30) Fish w/Parmesan Cream Sauce	31) Roast Pork	

Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA, Inc.

Return Service Requested

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

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