



Among Friends February 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 February'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 constantly change, so the information in this newsletter is accurate up to mid-January when it went to print.



ARE YOU READY FOR SOMETHING WARM AND DELICIOUS?

We have the perfect idea for you! Drive by on **Wednesday, February 24 between 12:00 and 12:30 p.m.** to take advantage of our Winter Grab & Go home cooked lunch. We will be offering delectable homemade corn chowder, crackers, a roll, dessert and the makings for a hot drink. Reservations are **REQUIRED** and will be accepted through Friday, February 19, or until we reach capacity.

The Staff would like to thank John Woodsmall, DPW Director and Jeremy Glynn, DPW Supervisor for allowing Dan Deptula, Jim Ringgard and Dillon Barnes from DPW's Building & Grounds Dept. to assist with the cooking of our meals. Without them, it would be impossible to provide these wonderful Grab & Go lunches to all of you. The staffs of both the DPW and the Senior Center enjoy working together for your benefit.

RETURNING OF CENSUS FORMS

We encourage everyone to return their Census Forms. However, due to the closure of Town buildings, you will not be able to leave yours at the Senior Center. Please either mail them or place them in the drop box which is located on the side of Town Hall next to the USPS mail box. We are sorry for the inconvenience, but sincerely appreciate your cooperation.



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.

Warning: Beware of COVID-19 Vaccination Scam Offers

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you. Don't get scammed!

You should know the following:

- ⇒ Most Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency.
- ⇒ If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- ⇒ If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- ⇒ No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- ⇒ No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call, you are being scammed.
- ⇒ If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.



Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed!

This information was received from Massachusetts Senior Medicare Patrol Program - Empowering Seniors to Prevent Healthcare Fraud

COVID-19 VACCINE UPDATE

We know many of you are curious about when you may be able to obtain the COVID-19 vaccine. The Town of Holden is in constant communication with the Massachusetts Department of Public Health (MDPH) about the details of distribution. MDPH has developed a vaccination plan based on which groups are most at risk of infection. This plan is continually being updated; it can be viewed at www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine.

The Town is currently working with the Central Massachusetts Regional Public Health Alliance to vaccinate first responders over the week January 18. The next Phase will be congregate care settings, followed by home health care workers; the timeframes and distribution plans are currently being finalized. The Town will conduct outreach through social media and public information to post locations where the vaccine will be available when this information is known. Distribution drills have been conducted and supplies are ready. All information is continually posted to the Board of Health webpage at <https://www.holdenma.gov/health-departmentboard-of-health/pages/coronavirus-information>

In the meantime, COVID-19 cases in Holden continue to dramatically increase! Please continue to practice preventative measures. The Town had over 250 new cases between late December and mid-January. The Holden Board of Health reminds all Holden residents that the most important ways to prevent COVID-19 transmission are to practice the 3 W's - Wear a mask, Watch your distance and Wash your hands.

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

PLEASE NOTE THIS CHANGE ...

Beginning with Friends of HCOA memberships received March 1st and beyond, the Friends of HCOA will no longer distribute membership cards. They are keeping copies of the coupons/notes you send in with your check in the event there are questions and your cancelled check/bank statement can serve as your receipt. Unfortunately, mailing out the membership cards has become very cost prohibitive. Thank you very much for your understanding.



FREE LEGAL CONSULTATIONS



On **Monday, February 8**, 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.

FROM THE FRIENDS OF HCOA ...

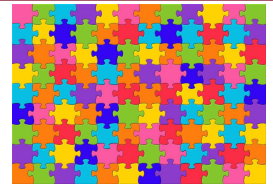
Last month's newsletter contained a flyer from the FRIENDS addressing our request for members to bring their yearly membership dues up to date in a year of the COVID virus. Your response and your generosity has been overwhelming ... we thank you so much! But we should not have been so surprised, as this is the same support and generosity you exhibited when the Holden Senior Center was built in 2001. For those of you who have not yet had the opportunity to send in your dues, we respectfully ask that you pay by check made payable to the Friends of HCOA and that you mail your membership, as the staff cannot accept them at the Senior Center door.



As we look forward to reopening the Senior Center in what we hope will be the not too distant future, we will be anxious to reopen the Morning Glory Café, each Friday from 8:30-10:30, to again meet and socialize with you. We are also looking forward to again hosting our annual Bake Sale and Craft fair. The future looks bright ... we hope to see you soon.

ARE YOU BORED AT HOME ...

... We have the perfect solution for you. We are going to start 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.



***The Senior Center will be closed on
Monday, February 15
In observance of
President's Day***

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.

YOUR 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 February 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: Thursdays at 11:00 a.m.; Fridays at 6:00 p.m. & 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

Happy February to all of you who have been staying home, wearing masks, distancing and having little social time. It sure has been a difficult year. We would love to hear from you. Have you updated your File of Life medical information? We can send you blank information cards to fill out. Don't forget to keep them on your fridge in case of emergencies.

Do you or someone you know need assistance with Home Care, Nutrition (Meals on Wheels or Grab & Go lunches), Personal Care, Protective Services, Money Management, Grocery Shopping, Life Alert Buttons? Our office can make referrals to Elder Services of Worcester Area for you. ESWA is funded through the Office of Elder Affairs and their mission is to enable seniors to remain in their homes.

We are here Monday-Friday to help you through the rest of the winter months and onto spring. We can provide information for Housing, Food Pantry, Fuel Assistance, Book Delivery, Help at H.O.M.E., medical equipment and much more.

We hope to hear from you or maybe even see you soon. Stay safe!

Please call ~ Paula ~ 508-210-5575 or

Dale ~ 508-210-5576



AARP TAX ASSISTANCE



As of the writing of this newsletter, we are hopeful that **SOME** tax assistance will be available during the months of February and March. However, we don't have a definite commitment. After February 1st, you can call the Senior Center at 508-210-5570 to ask if a commitment has been obtained, and if it has, you can make an appointment.

You need to be aware of a couple of things, if we are successful in offering the service. First, because there will be very few days where we will have appointments, they will be extremely limited in number and because AARP cannot turn away people based on location of their residence, we **cannot** hold appointments for Holden residents only. Second, the process will be very different than in past years. This year, your preliminary informational interview will be conducted over the phone. Then, you will have a 10 minute appointment to drop off your taxes, and for the preparer to review your material to be certain they have no questions. Your taxes will **NOT** be done while you wait or on the premises. Once your taxes are prepared, you will have another 10 minute appointment to receive your tax return.

Once again, all of this is contingent upon AARP's ability to offer the program within COVID-19 safety protocols and to recruit enough volunteers.

We ask for your patience and understanding during this process. Sadly, we won't be able to help everyone, but we will do our best to service as many as humanly possible.

SOMETHING TO LOOK FORWARD TO ... SAVE THE DATE!

Mark your calendars for May 3rd when Elder Care 2021 will be coming to a screen near you!! Learn about local resources and information for older adults in Central Massachusetts virtually. They will be broadcasting the event on-line and across the region on cable access. This event is held in May of each year in observance of Older Americans Month and is always fun and very informative. Elder Care 2021 is presented by Central Mass. Agency on Aging and Sheriff Lew Evangelidis from the Worcester County Sheriff's Office. As we receive more detailed information, we will include it in future newsletters.



COMMUNITIES OF STRENGTH: MAY 2021

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 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 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.

FEBRUARY MENU

(Menu subject to change without notice)

MONDAY

1) Shepherd's Pie

8) Teriyaki Beef

15) **President's Day**
No meal

22) Meatballs
w/Onion Gravy

TUESDAY

2) Potato Crunch
Fish

9) Marinated Pork
Loin

16) Shaved Steak
& Cheese

23) Chicken Fajitas

WEDNESDAY

3) Chicken Cranberry
Salad

10) Chicken Milano

17) Vegetable
Cheese Bake

24) Roast Pork
w/Gravy

THURSDAY

4) Turkey Supreme

11) Salisbury Steak
w/Gravy

18) BBQ Chicken

25) Beef with
Onions & Peppers

FRIDAY

5) Meatloaf w/Gravy

12) Lasagna 2/Meatballs

19) Lemon Pepper Cod

26) Macaroni & Cheese

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