



Among Friends January 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 January 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-December when it went to print.



FAMOUS HOAXES IN OUR HISTORY: BE NOT DECEIVED!



Local historian, Margaret Watson, will offer very interesting presentation via local cable channel 191. Even the powerful and the intelligent can be fooled by a cleverly planned hoax! The belief that aliens landed in 1947 on American soil in their UFO continued into the twenty-first century. Spooks were said to haunt a house on Long Island which came to be called the Amityville Horror. These complex events, their planning and their consequences will be explored. Tune into HCTV channel 191 throughout the month of January on Thursdays at 7:00 a.m.; Fridays at 7:00 p.m. and on Saturdays at 4:00 p.m.

HOME COOKED LUNCH

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 **Wednesday, January 13** we will offer a lunch of chicken & rice, peas, cranberry, roll & butter, dessert, and we will provide a teabag and envelope of instant coffee so you can make yourself a nice warm, soothing hot drink to enjoy with your lunch. Reservations are required. Reservations will be accepted through Friday, January 8 or until we reach capacity and can be made by calling 508-210-5570. Meal pick-up will be between 12:00 & 12:30.



COUNCIL ON AGING BOARD MEMBERS

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

Director: Louise Charbonneau
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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.

IMPORTANT COVID-19 REMINDERS

As all of us are aware, older adults are at the highest risk for contracting the COVID-19 virus. Here are some important reminders from the Centers for Disease Control:

- **Certain Medical Conditions Can Increase Risk:** Other factors can also increase your risk for severe illness, such as having certain underlying medical conditions. By understanding what puts you at an increased risk, you can make decisions about what kind of precautions to take in your daily life. If you have any underlying conditions, you should continue your treatment plan.
- **Continue your medicines** and do not change your treatment plan without talking to your healthcare provider.
- **Have at least a 30 day supply** of prescription and non-prescription medicines. Talk to a healthcare provider, insurer and pharmacist about getting an extra supply to reduce your trips to the pharmacy.
- **Do not delay getting emergency medical care** because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19, if you need care.
- **Call your healthcare provider if you have any concerns** about your underlying medical conditions, or if you get sick and think that you may have COVID-19. If you need emergency help, call 9-1-1 right away.



STEPS TO REDUCE YOUR RISK: *It is especially important for people at increased risk of severe illness from COVID-19, and those who live and visit with them, to protect themselves from getting COVID-19. The best way to protect yourself and to help reduce the spread of COVID-19 is to:*

- **Wear a mask** when you interact with others.
- Limit your in-person interactions with other people as much as possible, particularly when indoors.
- Keep space between yourself and others (stay 6 feet apart which is about 2 arm lengths).
- **Wash your hands** often. If soap & water aren't available, use a hand sanitizer that has at least 60% alcohol.
- Avoid touching your eyes, nose, mouth with unwashed hands.
- Cover coughs & sneezes with a tissue or the inside of your elbow, then wash your hands.
- **Clean and disinfect surfaces** and things you touch often.
- **If you start feeling sick** and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

TAKE STEPS TO PROTECT YOURSELF: Everyone should take steps to prevent getting and spreading the virus that causes COVID-19 to protect themselves, their communities, and people who are at increased risk of severe illness. If you decide to engage in public activities:

- Protect yourself by **practicing everyday preventive actions**.
- Plan shopping trips when stores are less crowded in early morning or late in the evenings. Older adults can use "senior hours" when shopping.
- Use **alternatives to on-site dining**, such as delivery, take-out and curbside pick-up.
- Keep these items on hand and use them when venturing out: a mask; tissues; and a hand sanitizer with at least 60% alcohol.
- Avoid others who are not wearing masks, or ask others around you to wear masks.
- Encourage social distancing.
- Practice good hand hygiene often.

EVERYDAY STEPS TO STAY HEALTHY: Staying healthy during the pandemic is important. Talk to your healthcare provider about whether your vaccinations and other preventative services are up to date to help prevent you from becoming ill with other diseases.

- It is particularly important for those of increased risk of severe illness, including older adults, to receive **recommended vaccinations** against influenza and pneumococcal disease.
- Remember the importance of staying **physically active** and practicing healthy habits to **cope with stress**.
- Talk with your healthcare provider about maintaining preventative services, like cancer screenings during the pandemic.
- Once again, if you have a medical emergency, DO NOT DELAY seeking medical care.

This article is not meant to take the place of consultation with your health care provider or to diagnose or treat conditions. If you're in an emergency medical situation, call 911 or your local emergency number.

SENIOR MEET UPS

Our first meet-up was held December 3rd. We want to thank **Nicola LoStracco** for attending and offering to become our first group leader. Nicola is going to lead a group for persons interested in history in the spring should the Senior Center be open. Nicola is interested in European, Asian, Ancient, World War II history, and more. We would like to hear from our other history buffs out there who would like to join in on this meet up. Please call 508-210-5576 (please leave a message) or send your e-mail to hcoameetups@gmail.com, if this meetup interests you. We are also looking for group leaders with other interests.



Nina and Dale

FREE LEGAL CONSULTATIONS



On **Monday, January 11**, 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 ...

As we conclude the most unusual holiday season in most of our lifetimes, we re excited and optimistic about the events of the new year. We continue to work on improving our outreach to our FRIENDS members and possible new members. Since our last monthly NEWSLETTER, we have seen increased activity in yearly dues payments. WE thank YOU for your thoughtfulness.



WE miss you all at our weekly Friday MORNING GLORY CAFÉ, (Paula and her crew are anxious to open the café once the Holden Senior Center opens again) ... along with monthly DAY TRIPS, (some great trips planned for 2021) ... and the many programs you have enjoyed sponsored by the Holden Senior Center. Again, we are hoping our Senior Center will be open in the not too distant future.

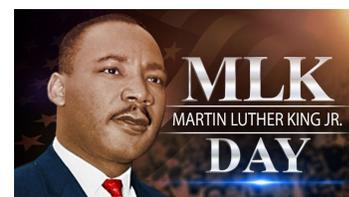
As we conclude our holidays and move into 2021, we wish you good health, and we hope you will continue to support our local businesses. They need us now more than ever.

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 morning. 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.



**The Senior Center will be closed on
Friday, January 1
in observance of New Year's Day
AND
Monday, January 18 in observance of
Martin Luther King Jr. 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 air on HCTV station 191 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.; & Tuesdays at 2:00 p.m.

Classes will run throughout the month of January on these days and at the specified times. 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 Even Schakenbach from HCTV for giving their time and talents in the taping of the classes.

From the Outreach Office

Happy New Year to all as we begin 2021 with hopes that we may be together soon. Please let our office know if we can provide assistance in any way. We can provide help with fuel assistance, SNAP, food pantry, housing, medical equipment, Help at H.O.M.E. and much more.

We continue to deliver library materials and puzzles to your home. Call the Gale Free Library at 508-210-5560 with either your requests or for more information on how the "Book Express" program works.

The Mountview School Shovel Brigade will not be able to help us this year with snow shoveling due to the pandemic. We thank them so much for all they have done in the past and look forward to seeing them again next winter.

We are thrilled to report that the Wachusett Mountaineers will be able to fill in for the Shovel Brigade this year to clear your steps and walks of snow and ice. These are "Big Boots" to fill, however they seem up for the challenge. **Please call Dale at 508-210-5576 to sign up.**

A special Thank You to all the students, teachers, parents, grandparents who help out with this much needed project.

Please call ~

Paula ~ 508-210-5575 or

Dale ~ 508-210-5576



IMPORTANT NEWS FROM SHINE

What if I missed the Medicare Open Enrollment Period?
Can I still make a change to my 2021 coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

Changes that can be made during this period include switching to:

- a different MA plan with drug coverage;
- a different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change, if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

For those with Prescription Advantage or "Extra Help"; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed outside of Open Enrollment.

Those with Prescription Advantage can do this only once each year.

Those with "Extra Help" can change once each quarter.

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2021 monthly Part B premium will be \$148.50 in 2021. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

Individual	Gross Income: \$1,755/month	Assets: \$15,720
Couple	Gross Income: \$2,371/month	Assets: \$23,600

If you want to take advantage of any of these opportunities to change your plans or be screened for assistance, call your Senior Center 508-210-5570 or the Regional SHINE Office 508-422-9931, and a SHINE Counselor can talk you through the process and any consequences of changing plans.

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 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 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.



The Board and Staff of the Holden Council on Aging wish you a very Happy New Year and send wishes for a brighter, safer, happier and healthier 2021.

**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, PLEASE MAIL YOUR MEMBERSHIP TO:
Holden Senior Center, 1130 Main Street, Holden, MA 01520

JANUARY MENU
(Menu subject to change without notice)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1) New Year's Day
No Lunch**

- | | | | | |
|---------------------------------|--------------------------------------|------------------------------------|--|--------------------------------------|
| 4) Swedish Meatballs | 5) Garlic Herbed Chicken | 6) Stuffed Pepper Casserole | 7) Potato Crunch Fish | 8) Pork Rib-i-que w/BBQ Sauce |
| 11) Chicken Pot Pie | 12) Sloppy Joes | 13) Fish w/Crumb Topping | 14) Baked Virginia Ham w/Pineapple Cherry Sauce | 15) Chicken Cranberry Salad |
| 18) MLK Day
No Lunch | 19) Hot Dog & Baked Beans | 20) Ranch Chicken | 21) Spaghetti & Meatballs | 22) Braised Beef |
| 25) Chicken Pesto | 26) Burger w/Chili/Cheese | 27) American Chop Suey | 28) Roast Pork Loin w/Gravy | 29) Frittata |

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Return Service Requested

**Friends of the Holden COA
Holden Senior Center
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Holden, MA 01520**

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