

Among Friends July 2020

Friends of HCOA website: www.fhcoa.org



PLEASE NOTE ...

At the time this newsletter is being written, we are still social distancing. As a result, no information is available as to when our Town buildings will re-open. With that in mind we have cancelled programming/trips for the month of July. Transportation on the van is still available by appointment, call Mary at 508-210-5573; as are Outreach Services, Meals on Wheels 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 are changing from minute to minute, so the information in this newsletter is accurate up to approximately mid-June when it went to print.



FROM THE TOWN MANAGER'S OFFICE ...



The Town has partnered with Wachusett Regional School District to allow for **exclusive use of the track** at the high school to senior citizens of **Holden** between the hours of 9:00 AM - 11:00 AM daily. This is intended to give our seniors a place to walk and exercise without worry of interacting with non-masked joggers, strollers, etc. as might otherwise happen on a sidewalk or elsewhere. Seniors wishing to use the track **MUST** request a parking permit from the Town Manager's office prior to parking and using the track. They can get one mailed to them or arrange to pick it up in person **by appointment** at the Starbard Building. Visitors are **required** to display the placard on their dashboard while using the track. Please call the Town Manager's office at (508) 210-5501 to request the pass or if you have questions.

The **Town pool** on Salisbury Street opened on June 12th. Pool passes must be purchased from the Recreation Department in order to use the pool. Mature adults 55 years+ exclusively can swim from 11:00 a.m.-1:00 p.m. Please call the Recreation Dept. at 508-829-0263 for more information on obtaining a pass & COVID-19 pool regulations.

The summer **Band Concerts** will be taking place beginning Sunday, June 28 with some protocol for social distancing taking place. A concert schedule appears on page 4 of this newsletter.

*The Senior Center will be closed on Monday, July 6
in observance of Independence Day.*



COUNCIL ON AGING BOARD MEMBERS

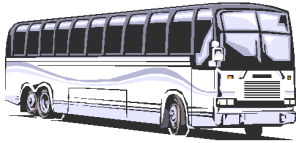
Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
Eric Johansen
Faye Ellis
Nancy Melton

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.



UPCOMING TRIPS

[\(Trips will take place only if COVID-19 restrictions have been lifted\)](#)



Thursday, August 20 ... The Texas Tenors Live in Concert ... *RESCHEDULED FOR APRIL 22, 2021*

Tuesday, September 8 ... Narragansett Lighthouse Cruise ... Depart the Senior Center at 9:00 a.m. You'll first arrive at Rhode Island's Quonset Point Officer's Club for a delicious, full course luncheon. Your menu includes a Garden Tossed Salad, Entrée of Fresh Baked Scrod or Baked Chicken with Lemon, Mashed Potatoes, Green Beans, Chocolate Cake Dessert and choice of Coffee or Tea. After lunch you'll board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour, including ten beautiful lighthouses and a Newport Harbor tour. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights. You'll return home at 5:30 p.m. Cost of this tour is \$91.00/ person including transportation, lunch, cruise and driver's gratuity can be made via check made payable to "Friends of HCOA."



Wednesday, September 30 ... The Ultimate Jimmy Buffet Tribute Show ... Grab your beach chair, your suntan oil and your favorite drink and get ready for a virtual trip to the islands! Jimmy and the Parrots are the most sought after Jimmy Buffet Tribute band in the country. They not only play your favorite Buffet songs, they also play our favorite songs by the Beach Boys, Paul Simon, Harry Belafonte, Bob Marley, among others. Enjoy the show during your visit to Foster's Clambake Restaurant in York, ME. Your meal will include Whole boiled 1 1/4 lb. lobster or 1/2 BBQ chicken, clam chowder, fresh steamed mussels, fresh Maine clams, corn-on-the-cob, potatoes and onions, blueberry cake, rolls, butter & beverage. Cost for this trip, including transportation, lunch, show and driver gratuity is \$101/person by check made payable to "Friends of HCOA."



Tuesday, October 13 ... Green Mountain Railroad ... Depart the Senior Center at 9:00 a.m. Traveling north to Vermont you'll enjoy the color changes of sugar maples which signals nature's change of seasons. After a visit to the Grafton Cheese Shop in Brattleboro, VT, for samples and tasting, you'll enjoy a delicious full course luncheon at the New England House Restaurant, Meal choices will be Cider Chicken or Yankee Pot Roast. Next you'll travel to Chester, VT to board one of New England's finest railroads, The Green Mountain Railroad for a spectacular sightseeing foliage tour. You'll arrive back home at 7:00 p.m. Tour cost of \$101/person, including transportation, luncheon, railroad tour and driver's gratuity can be made via check payable to "Friends of HCOA."



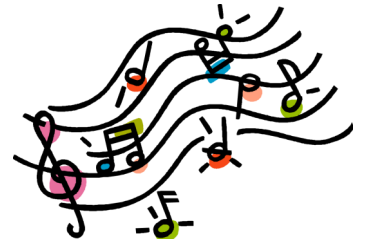
Wednesday, November 11 ... Newport Playhouse & Cabaret ... Bountiful Buffet, Comedic Theater, and Cabaret performance during dessert. \$91.00/person including transportation, lunch buffet, entertainment and driver gratuity can be made via check payable to "Friends of HCOA."

Wednesday, December 2 ... Christmas Lights at Tower Hill ... Leave Holden Senior at 2:45 p.m. ... Late lunch at O'Connor's Restaurant. Cost is \$70.00/person including transportation, lunch, tower hill lights tour and driver's gratuity can be made via check payable to "Friends of HCOA."



[We would like to ask if you are signing up for more than one trip that you provide a separate check for each trip. Thank you!](#)

2020 HOLDEN BANDSTAND SERIES



Sundays 6:00-8:00 p.m. ~ 1130 Main Street

- June 28** **The Tremolo Brothers** sponsored by **Light-A-Light**
Folk, Jazz, Country, Irish American
- July 5** **Illusions** sponsored by **Gibbs Realty, Inc.**
Music for all Ages 40's to 2000's
- July 12** **Slo Grass** sponsored by **Holden Cultural Council**
Acoustic American Bluegrass
- July 19** **Beatles for Sale** sponsored by **Business Donations**
Beatles Tribute Band
- July 26** **Elvis Live** sponsored by **Blair Realty and Pepsi Cola**
Elvis Impersonator
- August 2** **The Rusty Buckets** sponsored by **Janice Mitchell Real Estate**
Dance Tunes, Oldies, Soft Rock
- August 9** **Wachusett Community Band** sponsored by **Webster First Fed. Credit Union**
Show Tunes, Marches, Popular and Classical Artists
- August 16** **Holdin' Back Band** sponsored by **Cornerstone Bank**
Patriotic, Oldies, Rock and Roll, Sing Alongs

*The Holden Bandstand Committee would like to give a special thank you to all of the 2020 Sponsors and **Business Donors** who make these concerts possible. **Thank you.***

SPONSORS

Blair Realty
Cornerstone Bank
Gibbs Realty, Inc.
Holden Cultural Council
Janice Mitchell Real Estate
Pepsi-Cola Bottling Co. of Worcester
Webster First Federal Credit Union

BUSINESS DONORS

Ellie's Pet Barn
Manor/Draught House Bar & Grill
Mulroy Family Dental
S & S Marketplace
Steve's Pizza
Sunnyside Ford
Village Repair
Wong Dynasty & Yankee Grill, Inc.

In the event of rain, the concerts will be held inside the Senior Center.

****The Committee passes the "bucket" at each concert for voluntary contributions to maintain the Bandstand.****

The concerts will be held in accordance with COVID-19 pandemic regulations.

FROM THE OUTREACH OFFICE

The Outreach Office is still here and ready to assist with any information you may need. Paula and Dale are available to take calls and provide you with information on housing, SNAP, fuel assistance, Help at H.O.M.E., etc.



During these difficult times we need to stay connected. Please call, leave a message on either phone - we WILL return your call. We are fortunate to live in a beautiful rural community. Talk a walk, sit outside, enjoy the flowers and warm summer sun. Remember to hydrate and use sun screen.

We are looking forward to seeing you all soon.

Paula - 508-210-5575 and Dale - 508-210-5576

FROM THE FRIENDS ...

This spring we all learned how resilient and resourceful we are! While some things have changed - like no Morning Glory Café, knitting, painting, exercising, games, interesting programs and all other activities, we believe we will come out stronger, and with greater appreciation of our Holden Senior Center community and the extraordinary work done by the Staff of the Holden Senior Center.



FROM OUR TRIP COORDINATORS



Thank you to all who signed up for the 2020 Holden Senior Center bus trips. Thank you for being understanding as trips have been canceled each month due to the Corona Virus. We have been working with each of our transportation vendors to provide the latest information as to how and when trips will begin to continue. Dianne and Eileen have been calling each of you who have signed up for trips and will do so as we move forward. Please see the revised list of trips on page 3 of this newsletter. We have added some information on our planned trips for November and December.

We will notify you should a trip you've registered for is canceled or postponed. We will call you 30 days prior to the trip to request payment. Checks are made payable to "Friends of HCOA." Separate checks are required for each trip and may include payment for all members of your party.

Questions? Please call 508-210-5579 and leave us a message. We WILL get back to you. Stay well.

Eileen, Dianne and Dale

FREE LEGAL CONSULTATIONS

On *Monday, July 13* Attorney Arthur Bergeron from the firm Mirick O'Connell will offer free 15 minute legal consultations. Appointments will be scheduled from *10:30-12:15* 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 LIBRARY ...

While the Gale Free Library building is not open to the public yet, staff are busy planning ways to provide materials and services safely to our community. We hope to offer curbside and home delivery of materials, as one of the early stages of our phased reopening. We will also be planning Adult and Children's programs, to be carried out safely (most will be online). In the meantime, don't forget to check our online resources for materials - we are regularly adding new titles! If you have questions about using these resources, or need reference or technical assistance, please don't hesitate to get in touch with us. Ways to stay in touch with us:



Website: www.galefreelibrary.org ("reference Question" link on Adults page);

"Ask a Librarian" Text Service: 508-210-2901; Phone: 508-210-5560 or follow us on Facebook.

INFORMATION FROM SHINE

We want to let everyone know that although our senior center partners are operating on a limited basis due to the COVID emergency, the SHINE Program is continuing to operate. Although we cannot provide office appointments at this time, our counselors are still available to assist you to answer any of your Medicare related questions. You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage. Our counselors, who are working remotely, will return your call within 1 business day. If you live in Central Mass., call us at 508-422-9931. We are also available via Zoom video conferencing to do one-on-one appointments if needed. In the near future we will be doing Medicare 101 presentations via Zoom. Visit our website www.shinema.org and our new Facebook page: SHINE Central MA.



Finally, Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID EMERGENCY. This information is available on our website at www.shinema.org.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. During this time, we are not doing face to face appointments. You can call 1-508-422-9931.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has recently added more valuable information and links to other agencies, public benefit applications that can help pay for your costs, if you qualify.

FROM OUR TOWN CLERK ~ JEANNE M. SURVELL



President Harry S. Truman once said “A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.” I’m an optimist and I’m making opportunities out of difficult times. Since March we have been scared and worried for our own health and those of our families and friends. In the fall, two important elections are scheduled to take place. There is an expanded opportunity to vote by mail in the upcoming State Primary and Presidential elections. The Secretary of State’s Elections Division will be mailing a pre-addressed, postage paid ballot application to all registered voters. The bill allowing such a mailing hasn’t passed at this time but I anticipate its passage. You don’t have to wait until the State sends you an absentee application, you can request one now from the Town Clerk’s Office. Absentee applications are available at the Senior Center, on the Town Clerk’s website or the Secretary of State’s website. You can send me a hand written letter or an email stating you’d like a ballot for some or all elections this year. In your request please indicate your choice of political party for the primary, state your residential address and mailing address if it’s different from your residential dress and a phone number to call in case we have a question. I hope that everyone will exercise their right to be heard at the polls while staying safe and taking advantage of expanded voting by mail. I hope to hear from you.

Jeanne Survell, Holden Town Clerk, 508-210-5530, townclerk@holdenma.gov

ZOOM CLASSES W/MARTY FRENCH

Marty French will be offering a Senior Fitness and Yoga class on Mondays at 11:00 a.m. You can download Zoom to your computer (it’s free) and if you have video and audio on your computer you can participate. Her Zoom ID # 761 014 8460. If you’re computer savvy or if you have family members that can help you this is a great opportunity for you to enjoy the class and perhaps see some friends!



AUGUST HAPPENINGS ...

(These events will take place only if COVID-19 restrictions have been lifted)

Aug. 3 ... Good Tymes Banjo Band



Aug. 12 ... Annual Barbecue

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.



COMMUNITY SAFETY BULLETIN FROM THE OFFICE OF DISTRICT ATTORNEY JOSEPH D. EARLY, JR.



Covid-19 Crisis

As we practice social distancing to stop the spread of COVID-19 from friends and family, it is easy to become overwhelmed by all the news about the virus. And while most of the country is shut-down, scammers are still hard at work preying on people at their most vulnerable. Using robocalls, email and text messages scammers try to sell fake cures or get access to your personal information

That's why my office is providing important tips to keep you safe from scams and frauds involving COVID-19.

Now is the time to stay vigilant. If you have questions about COVID-19, please look to the professionals, police, public health, your healthcare provider and my office for safe and reliable information as we all work to keep your community safe during this time.

Stay safe and well -

District Attorney Joe Early, Jr.

Website: www.worcesterda.com

Phone: 508-755-8601 ~ Twitter: [dajoeearly](https://twitter.com/dajoeearly)

Facebook: [Joseph D. Early, Jr., Worcester County](https://www.facebook.com/joseph.d.early)

District Attorney's Office

COVID-19 SCAMS

FAKE VACCINES & CURES: There is no vaccine or cure for COVID-19. Untested medications are a waste of money and could be dangerous to your health.

TESTING: Public health officials are not going door-to-door to conduct testing. COVID-19 testing is done through a doctor, by appointment or at the hospital. **Do not** let anyone in your home who claims to be doing testing and call your local police.

FEDERAL STIMULUS: Federal stimulus money will be automatically sent via direct deposit if you have that information on file with the IRS or through the U.S. Postal Service. **Do not** respond to robocalls, texts or emails regarding these checks.

DONATIONS: Be sure to fully vet any donation or cash app requests whether by email, phone or on social media.

Now is the time to stay vigilant & trust the professionals. Police, public health officials & my office have safe & reliable information you can trust.

For more information:

www.mass.gov (Commonwealth of Massachusetts website)

ftc.gov (Federal Trade Commission)

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

Presorted Standard
U.S. Postage
PAID
Holden, MA 01520
Permit No. 34