

HAPPY  
FATHERS'  
DAY!



# Among Friends June 2020

Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)



## PLEASE NOTE ...

At the time this newsletter is being written, we are still social distancing. To that end, 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 June. Transportation on the van is still available as are Outreach Services, Meals on Wheels and the staff is here Monday-Friday to answer any questions 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-May when it went to print.

**PLEASE  
NOTE:**

## FREE LEGAL CONSULTATIONS



On **Monday, June 8th** 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**. To reserve an appointment, please call 508-210-5570 and leave your name and phone number. Sorry, there are NO walk-ins. If town buildings have reopened, Arthur will meet with clients in person at the Senior Center. If we haven't reopened, he will hold a telephone appointment at your scheduled time.

## FROM THE FRIENDS ...

We are optimistically hoping that the annual meeting for the Friends of HCOA will be held on **Monday, June 8th at 10:00 a.m.** provided we can meet. It will be good to see you all. If you're not certain whether Town buildings have reopened by this point, please call the Senior Center at 508-210-5570 prior traveling to the meeting. Regular Friends meetings will resume on Monday, September 14 at 10:00 a.m.



### COUNCIL ON AGING BOARD MEMBERS

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

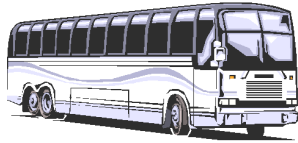
**Holden Senior Center**  
**1130 Main Street, Holden, MA 01520**  
**508-210-5570**

**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, Gregg 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

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



**Wednesday, July 15 ... 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."



**Thursday, August 20 ... The Texas Tenors Live in Concert** ... Join us as we trek to the Venus De Milo in Swansea for a day of delicious food and exquisite music. Since appearing on America's Got Talent in 2009, the Texas Tenors have performed over 1,300 concerts, released 4 studio albums, 2 PBS specials, 4 DVD's multiple singles and a children's book that have earned them impressive recognition. These classically-trained versatile tenors have performed around the world. The Texas Tenors were honored to be included among the top 50 acts in the world and the only vocal group from the United States invited to compete on NBC's 2019 series America's Got Talent: The Champions. Your lunch choices are Chicken Parmesan or Baked Scrod. Also Included: Venus De Milo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. The price, which includes transportation, Plated Luncheon, Show Ticket and Driver's Gratuity is \$101/person, via check made payable to "Friends of HCOA."



**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."



**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."



**Future trips: Price of all trips will include, meal, transportation, event & driver's gratuity**

November 11 - Newport Playhouse "Ghost of a Chance" - \$91/person

December 2 - Christmas Lights at Tower Hill Botanical Garden - \$70.00/person

[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!](#)



**The bus companies require us to give them a final number 30 days in advance. If we don't have enough sign-ups by then we are forced to cancel the trip. Please sign up and pay at least 30 days prior to the trip. Thank you for your cooperation.**



## A PERFECT STORM OF PEN PAL LETTERS ~ from Clare

The story of the pen pal letter is still unfinished. At the time of the stay at home order, some of the letters from the seniors had arrived at the senior center office. More than a third of the 94 letters were still in your heads, or on your desks, or on your laptop, or at the local post office. We finally collected all but 2 of your letters so the staff wrote those such that each student received a letter.

Last week, a caring teacher with a soft heart for our longstanding pen pal program picked up the bursting bag of your thoughtful letters for distribution to the students. Physical distribution was now impossible as the school was closed and everyone told to stay at home.

A generous friend gifted us a wonderful supply of old, odd postage stamps of various denominations, \$.20's, \$.29's, \$.32's, sporting pictures of James Thurber, Buffalo Bill, Louis Armstrong, Annie Oakley and Sacagawea. So the team of third grade teachers will use these colorful stamps to mail your letter to each student.

The story of the pen pal letters does not end there. Letters **from** the students remain in the closed up school, some completed, many unfinished. Please be assured if the letters arrive at any point here at the senior center office, we will get them to you. And, if you wish to write another letter to your student, please mail it to Senior Center at 1130 Main Street and we will make sure it gets to the student via the school/teachers.

It is impossible to hold an end-of-year gathering, but still, we want nothing less than a happy ending to this year's endeavor. **Please know your letters have taken on an added importance this year.** Thank you for being a pen pal. We will need you all next year. Best wishes and good health to all.

## AVOID BEING SCAMMED ~ PART I...

To avoid scams related to the Economic Impact Payments or COVID-19, The IRS urges taxpayers to be on the lookout for scam artists trying to use the Economic Impact Payments as cover for schemes to steal personal information and money. Remember, the IRS will **NOT** call, text you, e-mail you or contact you on social media asking for personal or bank account information - even related to economic impact payments. Also, watch out for e-mails with attachments or links claiming to have special information about economic impact payments or refunds.



## NEWS FROM THE HOLDEN COMMUNITY GARDEN



The Holden Community Garden Committee is trying to "get the word out" on the availability of garden plots for Holden residents at the Holden Community Garden (HCG) on 175 Highland Street (Rt. 31/Davis Hill Athletic Field Access Road). Garden plots are open to Holden residents for individual gardening and community gardening projects. Each garden plot is 10 ft. x 18 ft. This year we will be offering 2 "raised beds" which will be at approximately at table height 3 ft. x 8 ft., to allow for better accessibility. The cost to rent the plots is \$25 per season and includes open use of the land, water and tools on hand. Applications are available on the town website, and any resident who applies is allowed to request a fee waiver if they are experiencing financial hardship.

Often free plants and seeds become available throughout the season. Ethical harvesting is encouraged. By this, the HGC Committee has asked that each participant consider volunteering some time and/or extra harvest from their plot to be donated to community members in need. We grow vegetables together to donate to the Holden Senior Center as well as the Worcester Veterans' Shelter. For further information or if you have questions, please contact Jessica Cosenza via e-mail at: [jesscoz.pa@gmail.com](mailto:jesscoz.pa@gmail.com) or at 508-284-6612.

## FROM OUR TRIP COORDINATORS



We hope this finds everyone safe and well. Unfortunately, due to the COVID-19 pandemic we have had to cancel our Lake Winnepesaukee trip that was scheduled for June. We encourage everyone to look over our remaining trip options and if you'd like to sign up for any of those, please do so via mail to the Senior Center, 1130 Main Street, Holden 01520. Please include what trip you're registering for as well as your meal choice if appropriate. We look forward to sharing new adventures with you soon. If you have questions, please leave us a message at 508-210-5579.

*Eileen, Diane and Dale*

## AVOID BEING SCAMMED ~ PART II

Scams related to the coronavirus, also known as COVID-19 are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have higher risk for serious illness from COVID-19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.



### What can you do to stop COVID-19 fraud?

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts or e-mails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer is up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements, and e-mail/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.

### WHAT DOES MEDICARE COVER IN RELATION TO COVID-19?

- Medicare Part B (Medical Insurance) covers COVID-19 tests when ordered by your doctor or your health care provider on or after February 4, 2020.
- Medicare covers all necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- There is no vaccine for COVID-19 at this time; however; if one becomes available, Medicare will cover it.
- Medicare also recently expanded coverage to telehealth services to enable participants to access a wider range of services from their providers without having to travel to a facility.

This includes access to doctors, nurse practitioners, clinical psychologists, and licensed social workers.

During this emergency, there are also more options for the ways your providers can talk with you under this provision.

For Medicare coverage questions contact your local SHINE (Serving the Health Insurance Needs of Everyone) Office at 508-422-9931 or at 1-800-AGEINFO (1-800-243-4636) then press or say 4 or online at [shinema.org](http://shinema.org).



## INFORMATION FROM SHINE

Are you 65 or older, or eligible for Medicare because of disability?  
Are you losing your health care coverage from your employer?



If you delayed taking Medicare Part B because you were covered by an employer, but may be losing coverage because of layoff or retirement, contact the SHINE Program. SHINE (Serving the Health Insurance Needs of Everyone) can answer your questions. You have a window of opportunity to sign up for Medicare Part B, if you are losing employer-based coverage. SHINE counselors can explain the process and the forms that need to be submitted to Social Security. They can also review what your medical and prescription coverage options are beyond Medicare Part A and Part B. Call the Central Mass SHINE office at 508-422-9931 and leave a message. One of our counselors will return your call.

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 the current Stay at Home order, our staff and counselors are responding to calls remotely. During this time, we are not doing face to face appointments. You can call 1-508-422-9931, or 1-800-AGE-INFO (1-800-243-4636) then press or say 4. You can also visit us on the internet at [shinema.org](http://shinema.org).

### CENTRAL MASS SHINE WEBSITE

You can visit us on the web at [www.shinema.org](http://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.

### SOME STAYING HEALTHY ADVICE FROM MARTY FRENCH

*Healthy Strong Smiling Seniors...is the best defense, during this difficult time. We need to get to work because the Dragon is going back up the mountain to his home. We need to improve our Mind, Body, and Spirit to keep that Dragon where he belongs. So brush those teeth, brush that hair and let's GO!*



#### Daily Moves to Strengthen the Immune System:

**Circulation:** Sit in a chair, near front of chair, running your feet and roll your arms 3 sets of 8 and get up and down, from chair 3 times. Do all of this again. Sit back in the chair and put legs out straight and point and flex feet 8 times.

**Cardio and Strength:** Go behind chair and march 8. Lift toe then heel 8. Repeat. Lift knees 8. Push ups off chair 8. Repeat if you want. Walk around your house.



**Music and a Wiggle:** Put on that music and dance for a while. No one can see you. Move that little butt and arms!

**Spirit:** Sit in the chair, close your eyes and breathe slowly. Say to yourself "I am OK right now." "I am loved right now." Take some more slow breaths and know Marty loves you very much and she will see you as soon as she can!



# JULY HAPPENINGS ...

(This event will take place only if COVID-19 restrictions have been lifted)

Culinary Herb Bowl  
w/Tina Bemis



Visit Japan w/Ron Rosenstock



## 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.

**IMPORTANT  
NOTICE**

## TAX EXTENSION DEADLINE

In an effort to assist our residents who have suffered economic hardships during the Coronavirus pandemic, The Board of Selectmen have voted to:

- 1) Extend the deadline for payment of real estate taxes to June 1, 2020.
- 2) Waive interest and other penalty for late payment of any excise, tax, betterment assessment or appointment thereof, water rate or annual sewer use or other charge added to a tax for any payments with a due date on or after March 10, 2020 where payment is made after its respective due date, but before June 30, 2020.

## TOWN ELECTION AND TOWN MEETING CHANGES

The Board of Selectmen has voted to postpone our Annual Town Election to **Monday, June 22**. Polls will be open from **12:00 p.m.-7:00 p.m. (note corrected closing time)** A sample annual town election ballot, Applications for Early Voting and Absentee Ballots are available on the town website as well as information on registering to vote.



The Select board also voted to postpone our Annual Town Meeting to **Monday, June 29** at 7:00 p.m. The meeting will be held in the auditorium of Wachusett Regional High School. We encourage you to vote in the election and attend town meeting to exercise your right to determine Holden's future. Please check the town's website - [www.holdenma.gov](http://www.holdenma.gov) to see if future postponements have become necessary.

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