



Among Friends March 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 March'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-February when it went to print.



Even if you're not Irish ...



... we think you'll enjoy this! Our home cooked Grab & Go lunch this month will be held on Wednesday, March 17, and we will serve corned beef and cabbage. Your meal will include corned beef, potatoes, cabbage, carrots, roll and butter, dessert and a drink. Because the cost of corned beef is extremely high this year, we are charging **\$5.00/meal**. Please place your money in an envelope with your name written on front and hand it to the person checking off names as you pull up to get your meal.

Please enclose the exact amount in your envelope, as we will have **NO** change to give you. Reservations are required as numbers are limited. Please call 508-210-5570 to make your reservation. We ask that each household make their own reservation. We will accept reservations through March 10, or until we reach capacity. Pick up your lunch between 12:00 and 12:30. Due to the enormity of the expense of this meal, we thank the Friends of the Holden Council on Aging for subsidizing the cost of this lunch. We appreciate their generosity.

REMEMBER ... TURN YOUR CLOCKS FORWARD 1 HOUR ON SUNDAY, MARCH 14



COUNCIL ON AGING BOARD MEMBERS

Susan Sullivan - Chairman
Richard Mansfield - Vice Chairman
Wayne Howard
Maureen Locke
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.

JOIN US IN MARCH ON HOLDEN CABLE TV CHANNEL 191

... for photos and narration by famous photographer and Holden resident Ron Rosenstock. He will offer a presentation on "*The Mystery of Morocco*." In Ron's own words: "While photographing in the Hassan II Mosque in Casablanca, Morocco, I commented to our guide that I could feel the impact of the prayers of the thousands of worshippers who had come there to pray. Whether it is in the Sahara Desert, on a rooftop in Marrakech or strolling down a street in Rabat, there is a sense of presence everywhere. Let me show you and tell you about my photographic adventures in Morocco. This show will air throughout March on Mondays at 10:00 a.m.; Wednesdays at 6:00 p.m. and Saturdays 3:00 p.m.



A FRIENDLY REMINDER FROM THE REGISTRY OF MOTOR VEHICLES

Serious Cybersecurity REAL ID Text Scams Directed at Customers



The Massachusetts Registry of Motor Vehicles (RMV) wants to remind you that the RMV will NEVER request personal information via text messaging. The American Association of Motor Vehicles Administrators (AAMVA), is reporting several states have experienced customers receiving unsolicited text messages from numbers claiming to be other state government agencies with links or information about REAL ID and updating their licenses. These messages are SPAM! Customers should not click on the link and should DELETE the message.

The RMV will never request personal information via text message. We take the privacy of our customers and their personal information very seriously.

Massachusetts is NOT among the states impacted by this scam (at this time). Sharing this information with you is critical in order to keep your information safe and secure every day.

Starting October 1, 2021 you must have a REAL ID or another federally compliant document to fly domestically. To learn more about the required documents to obtain your REAL ID, go to the RMV website at: <https://www.mass.gov/guides/massachusetts-identification-id-requirements>.

COVID-19 VACCINE UPDATE

The Town of Holden is part of the Central Massachusetts Regional Public Health Alliance which is receiving a limited supply of vaccine. This vaccine is being centrally distributed for alliance communities which includes Shrewsbury, Grafton, Millbury, West Boylston and Holden at the Worcester Senior Center, 128 Providence Street. There is not currently enough supply being allocated by the State for Holden to run a local clinic. If and when we receive an increase in supply, a clinic will be hosted at the Holden Senior Center.

If you have not yet received a vaccination but would like notification for future clinics available through the Alliance, please submit your name, number and e-mail through the following link. If you need assistance, you may also include an additional person's contact information. The link is:

<https://www.mapsonline.net/holdenma/forms/tablet.html.php?id=188677837&sid=3ff09a12cde5722a848df1e02a816f04>

OTHER RESOURCES FOR VACCINATION

Worcester State University, 486 Chandler Street - A new State wide clinic is open and new appointments are added every Thursday to www.maimmunizations.org.

The local Walgreens, 1145 Main Street in Holden also has a limited supply and appointments must be made through the website at: <https://www.walgreens.com/findcare/vaccination/covid-19>.

For the town's most up to date information, please visit: <https://www.holdenma.gov/home/urgent-alerts/covid-19-information-and-vaccine-updates-town-building-closure>.

****Note: Again, the Senior Center staff reminds you that this information is current only up until this newsletter went to print in mid-February. 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. If you provide an e-mail address, they will e-mail acknowledgement of your check. Thank you very much for your understanding.



FREE LEGAL CONSULTATIONS



On **Monday, March 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 ...

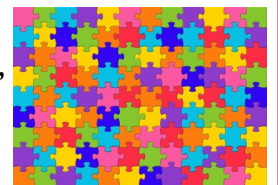
Good news for HOLDEN seniors interested in gardening. The FRIENDS have rented organic garden plots from the Holden Community Gardens for four (4) lucky HOLDEN SENIORS. The Gardens are located at 175 Highland Street (Route 31). Two garden plots are 10'x18' and two plots are raised bed tables 3'x8' for those with physical limitations.

Generally, gardeners will begin working the soil in their plot after the frost is well out of the ground, and begin their planting late May to early June. These garden plots are ORGANIC. Rain water barrels are at the gardens. If you have interest in tending a garden plot for vegetables or flowers, you are asked to send a request with your name and telephone number to the FHCOA, 1130 Main Street, Holden, MA 01520 ... Attention: Community Garden. We will pull names on March 23, 2021 for those that will be offered a garden plot. Winners will be called. Good luck ... and ... good gardening.



JUST A REMINDER ...

... Don't be bored at home, we are 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.



JUST A QUICK NOTE ...

... about the AARP Tax program. Due to the pandemic, AARP closed several of its local sites. In mid-February, we began taking appointments for the **very limited number** of appointments we were offered. At the time this newsletter is being written, we have some appointments. Once you receive this publication, you are welcome to call to determine if there are appointments remaining. Again, the number of appointments we were offered were very limited in number, so we ask for your understanding if when you call we have to regretfully say the appointments are full.

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.

Our April 21 trip to the Texas Tenors/Danvers Sport Yacht Club has been rescheduled to August 26, 2021. Everyone who registered has been notified. Thank you for your continued support for our Senior trips, All other trips remain the same so far...

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

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.

August 26, 2021 - Texas Tenors/Danvers Sport Yacht Club - \$101/person - Chicken Parmesan or Baked Scrod.



YOU'RE 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 March 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 1100 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

Think SPRING! It's not that far away! We are hoping to get together soon!

If you are in need of our services, we are here to help. As the days get longer, and the weather is warmer, we begin to think about getting out of the house and into our yards. Remember to evaluate your home for safety concerns, falls especially. Eliminate common hazards to help make your home safe and comfortable.



Do you need help with home making? Could you benefit from receiving Meals on Wheels? Can we assist you with food pantry deliveries, placing you on the Book Express, loaning you medical equipment or providing you with a File of Life? If so, please call the Outreach Office

Please call ~ Paula ~ 508-210-5575 or Dale ~ 508-210-5576

FROM OUR FRIENDS AT HPD AND THE IRS

The following information is from the IRS <https://www.irs.gov/> web page:

The IRS scam is when crooks impersonate the IRS either by phone, email or in person. The IRS urges people to stay vigilant against schemes and scams and avoid becoming a victim. Here are some important tips for taxpayers to keep in mind to avoid scams:



- ⇒ Avoid telephone scams: Criminals impersonate IRS employees and call taxpayers (or a recorded message) in aggressive and sophisticated ways. Imposters claim to be IRS employees and sound very convincing. They use fake names and phony IRS identification badge numbers. They're demanding and threatening – and do not reflect how the IRS handles enforcement matters.

Note that the IRS DOES NOT:

- ⇒ The IRS DOES NOT – Demand that people use a specific payment method, such as a prepaid debit card, gift card or wire transfer. The IRS will not ask for debit, credit, or gift card numbers over the phone. For people who owe taxes, make payments to the U.S. Treasury or review [IRS.gov/payments](https://www.irs.gov/payments) for IRS online options.
- ⇒ The IRS DOES NOT – Demand immediate tax payment. Normal correspondence begins with a letter in the mail and taxpayers can appeal or question what they owe. All taxpayers are advised to know their rights as a taxpayer.
- ⇒ The IRS DOES NOT – Threaten to bring in local police, immigration officers or other law enforcement agencies to arrest people for not paying. The IRS also cannot revoke a license or immigration status. Threats like these are common tactics scam artists use to trick victims into believing their schemes.

How to report IRS scams:

Taxpayers can use these options to report phone, email and other impersonation scams:

- ⇒ Report impersonation scams to the Treasury Inspector General for Tax Administration on the “IRS Impersonation Scam Reporting” webpage.

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.

MARCH MENU
(Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Beef Stew	2) Buttermilk Chicken	3) Baked Potato w/Chili & Cheese	4) Hotdog and Baked Beans	5) Macaroni & Cheese
8) Chicken Mornay	9) Meatloaf/Gravy	10) Shepherd's Pie	11) Roast Turkey w/Gravy	12) Fish w/Parmesean Cream Sauce
15) Swedish Meatballs	16) Pork Rib-I-Que	17) Corned Beef	18) Chicken Cacciatore	19) Fish w/Crumb Topping
22) Chicken Pot Pie	23) Sloppy Joe	24) Garlic Herbed Chicken	25) Spaghetti & Meatballs	26) Potato Crunch Fish
29) Stuffed Pepper Cass.	30) Ranch Chicken	31) Braised Beef		

*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