

Among Friends May 2020



Friends of HCOA website: www.fhcoa.org



FROM THE STAFF ...

We hope this newsletter finds everyone safe, happy and most of all healthy! These are unprecedented times we are living in. At the time this is being written, we are still self-quarantining and practicing social distancing. Town buildings are still closed to the public - at least until May 4. You can keep up with COVID-19 information as it affects the Town on their website www.holdenma.gov or by following them on Facebook. This newsletter is a little different than usual. Instead of informing you about programs being offered, we are offering information to help you through this difficult time. You'll find information on how you can contact a SHINE volunteer, if you have the need, how you can help your neighbors through Help at H.O.M.E. or how to contact us if you need assistance from Help at H.O.M.E., Food Pantry distribution, changes in dates for town election, and meeting, tax extensions and information from the Registry of Motor Vehicles.

*We are Here
to Help You!*



We also want to reassure you that **we are here for you**. There is always at least one or more staff members in the building Monday-Friday from 8:00 a.m.-4:00 p.m. If you have questions, concerns, need assistance, etc., please don't hesitate to call. In that we are short staffed, we ask for your patience. If we can't answer your call immediately, please leave a message, we **WILL** get back to you. If you feel you can benefit from a Home Delivered Meal, please call Elder Services of Worcester at 508-852-3205 and ask to speak to someone in Nutrition. We also have the vans running for essential trips such as medical appointments, grocery stores, pharmacies. Please feel free to use the phone numbers offered below if you need us. We're looking forward to seeing you and getting back to "normal." Safely get outside and enjoy spring!! Please stay well ...

Sincerely,

Louise, Maureen, Paula, Dale, Mary, Clare, John, Kathy, Lisa, Greg and Sue

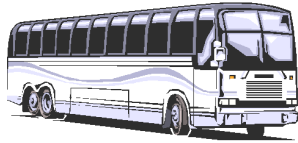
COUNCIL ON AGING BOARD MEMBERS

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

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



Tuesday, June 23 ... Lake Winnepesaukee Cruise featuring narrated cruise, buffet lunch & scenic sights. Depart Senior Center at 8:30 a.m. Sailing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains. Also included is a delicious full course buffet lunch. After your cruise, you'll visit Moulton Farm Market and return home @ 5:30 p.m. Price is \$101/person.

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 per person including driver's gratuity. Please make checks 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 driver's gratuity. Please make your check out 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.



In times of crisis, Holden residents help each other.

1934. The Great Depression, Cora Aldrich Dean gives the Town of Holden \$400.00 to start a relief fund in memory of her farmer father, Welcome Aldrich.

2008. The Great Recession. The Holden ice storm. Holden’s Town Manager establishes Help at H.O.M.E. to expand on the Welcome Aldrich Fund with grants, information, and support for devastated town residents.

2020. COVID-19. Illness and job losses wrack our state, our country and the world. Those who have been hit need assistance now more than ever. Those who are well, but feel powerless, are looking for a way to help.

In these troubled times, Help at H.O.M.E. is asking those who can, to donate now. Every one of the dollars you donate goes to a Holden resident who is experiencing an emergency paying for the necessities of daily life. By donating, you take action to help neighbors in need.

TO DONATE:

**Go to the Town website, www.holdenma.gov
In the green box on the left, “Citizens Action Center,” click on
“Pay Bills Online.” Under “Donations,” click on “Help at Home.”**

**Or, write a check to “Help at H.O.M.E.” and mail it to Help at H.O.M.E.,
c/o Holden Senior Center, 1130 Main Street, Holden, MA 01520.**

The Help at H.O.M.E. Committee is a Town committee consisting of seven members appointed by the Town Manager. Launched in 2008, Help at H.O.M.E. expands on the mission of the Welcome Aldrich Relief Fund. That fund was created in the 1930’s, during the Great Depression, to assist Holden residents in need, regardless of their age, who seek assistance with their heating, fuel or utilities bills. The funds are administered by the Holden Council on Aging on behalf of the Town of Holden.

**View and download the Help at H.O.M.E. Emergency Resources booklet
On the Town website (www.holdenma.gov).**

**You can also download the relief application form on the Town website.
Search for “Help at Home” – Welcome Aldrich Relief Fund Application.”**

**If you need help, or you know someone who needs help, call the staff at the
Holden Senior Center at 508-210-5570.**

Call 508-210-5570 or visit www.holdenma.gov.

Coping with Stress and Fear from COVID-19

Take care of your body



Eat healthy, well-balanced meals

Exercise regularly

Take deep breaths, stretch, or meditate

Get plenty of sleep

Virtually connect with others

Talk with people you trust about your concerns and how you are feeling.



TIME OUT



Take breaks from watching, reading, or listening to news stories, including social media. **Make time to unwind.** Try to do some other activities you

Help is available: **Mass.gov/COVID19** or Call **2-1-1**

Massachusetts Department of Public Health

FROM THE MASSACHUSETTS REGISTRY OF MOTOR VEHICLES ...

Driver's licenses, ID cards, and Learner's Permits, including CDL's & Permits (CDL/CLP) that have expired or are expiring between March 1st & April 30, 2020, have had a 60-day extension applied to the current expiration date & do not need to be renewed at this time. Customers holding a license or ID marked "Limited-Term" that expired between March 1 & April 30, should visit [Mass.Gov/RMV](https://www.mass.gov/rmv) for more information & to check the validity of their credential. Those expiring in May will expire in July 2020.



All passenger plate registrations that have expired in March or will be expiring in April, have been extended for 60 days. Registrations that expired in March, have been extended until May 31 and registrations that expire in April, have been extended until June 30. Registration renewals can continue to be performed online at [Mass.Gov/RMV](https://www.mass.gov/rmv) during this time. Those that expire in May will now expire in July. Customers will not be able to make an appointment to renew passenger registrations at a Service Center at this time.

Annual motor vehicle safety & emissions inspection stickers that expire on March 31 & April 30 have been extended 60 days. Those expiring in May now expire in July. The RMV is also extending the time during which newly registered vehicles must be inspected based on the purchase date.

The RMV has implemented a strict no walk-in policy at a limited number of Service Centers that remain open to the general public. Service for necessary in-person transactions are available by appointment only. For more info go to www.mass.gov/rmv.

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 Information 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.

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.

A COUPLE OF REMINDERS FROM PAULA AND DALE



The dates for May distribution are Friday, May 15 from 9:00 a.m.-11:00 a.m. for Seniors exclusively and from 9:00 a.m.-11:00 a.m., Saturday, May 16 for everyone. The Wachusett Food Pantry is located at 50 Worcester Road (Route 12) in Sterling.

Also, SNAP (food stamps) program, is available for those qualify. SNAP is an income based program. If you have questions or would like to apply, please call Paula or Dale for assistance at 508-210-5570.

FROM THE FRIENDS ...

We hope this finds all of you safe, happy & most of all healthy (& not too stir crazy)! Our Annual Friends of HCOA meeting that was postponed from April is still on hold. Keep an eye to future newsletters for updates or if you have questions, feel free to call the Senior Center at 508-210-5570.

JUNE HAPPENINGS ...

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

June 1 ... Pen Pal Farewell Party

June 8 ... Legal Clinic (by appointment)
Estate Planning for Singles Seminar

June 15 ... Nutritionist Tricia Silverman

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 Corona Virus pandemic, The Board of Selectmen voted to:

- 1) Extend the deadline for payment of real estate taxes to June 1, 2020;
- 2) Extend the due date for tax assessment exemptions and deferrals to May 1, 2020;
- 3) 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.-8:00 p.m.** They 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 to see if future postponements are required.



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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