



Among Friends November 2020

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 November programming and all trips for the remainder of the year. **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-October when it went to print.



THANKSGIVING "TO GO"



While it's unfortunate that we cannot be together safely, the staff thought we would still offer you a little bit of the season. On, **Wednesday, November 18**, we will offer a Thanksgiving "to go" lunch. Our menu will be a traditional holiday dinner of turkey, gravy, stuffing, mashed potato, butternut squash, a roll, and pie for dessert. Reservations are **required** and will be accepted through Friday, November 13 or until we reach capacity. Those who have reservations can drive through between 12:00-12:30 to pick up their meals.

We respectfully ask that you stop at the person stationed at the opening of the parking lot and follow their instructions on how and where to proceed. Please call 508-210-5570 to make your reservation.

In the spirit of the season, please bring a donation of a non-perishable food item which will be donated to the Wachusett Food Pantry and have it ready as pull up to receive your lunch.

DON'T FORGET TO TURN YOUR CLOCKS BACK SUNDAY, NOVEMBER 1st



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.

VOTING INFORMATION YOU NEED ~ JEANNE HUDSON, TOWN CLERK

VOTE BY MAIL



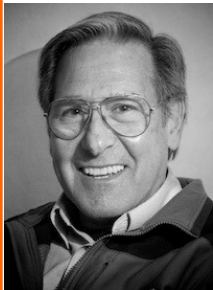
If you have chosen to vote by mail, the Town Clerk would like to remind you to completely fill in the circle for the candidate/answer of your choice with a black felt tip pen and to be certain to vote on **BOTH** sides of the ballot. Also, remember to sign the brown envelope that holds your ballot. You can either mail your ballot via USPS or you can place it in the drop box at Town Hall. ***Ballots returned in the drop box must be received by 8 PM on***

November 3rd. Ballots returned by mail must be postmarked by November 3rd AND received by the Town Clerk by **5 PM on November 6th**. Please note that US Postal delivery services are not consistent and can range from 3 to 11 days. We recommend voters return their ballots in the drop box outside of town offices by 8 PM on Election Day to ensure it arrives back to us in time to count.

VOTE IN PERSON

If you opt to vote in person on November 3rd, election day, polls will be open from 6:00 a.m.-8:00 p.m. Holden has five voting precincts based where you live. Precincts 1 & 2 are located at the Senior Center, 1130 Main Street; Precinct 3 is located at Davis Hill School, 80 Jamieson Road (please use the Highland Street Entrance); Precinct 4 is located at Mountview Middle School, 270 Shrewsbury Street; and Precinct 5 is at the Holden Municipal Light Department, 1 Holden Street.

PLEASE REMEMBER THAT IF YOU'RE RETURNING YOUR MAIL-IN BALLOT ON ELECTION DAY, IT **MUST** BE PLACED IN THE DROP BOX OUTSIDE OF TOWN HALL. IT **CANNOT** BE ACCEPTED AT YOUR LOCAL PRECINCT.



ESCAPE TO PERU AND THE GALAPAGOS ISLANDS

Join world famous photographer Ron Rosenstock on a virtual tour of the ancient Inca Empire in Peru. Virtually walk through the ruins of Machu Piccu. Visit the unspoiled Galapagos Islands 600 miles off the coast of Ecuador. It will be like a visit back in time taking you through the history of earth. All this in the comfort of your armchair. Tune in to HCTV channel 191 on Thursdays at 8:00 a.m.; Fridays at 6:00 p.m. and Sundays at 2:00 p.m. throughout the month

HOT COFFEE AND DONUTS ~ OUTDOORS

Come to an informal gathering for veterans, in the sunshine, outdoors at the Holden Senior Center. Brad Sherblom, our Veterans Agent, will be available for any and all questions. Enjoy coffee and donuts while we exercise social distancing. All veterans are welcome to top by to visit on ***Friday, November 13 from 10:30-11:30.***



CORONAVIRUS CALL CENTERS

Text COVIDMA to 888-111 to receive notifications to your phone.

Call 2-1-1 for real-time COVID-19 information, resources, and referrals in multiple languages 24 hours a day, seven days a week. Residents can call 2-1-1 to learn more about:

- COVID-19 prevention symptoms, and treatment;
- Information about testing;
- Guidance for people planning or returning from travel.

Callers dialing 2-1-1 will hear an automated menu of options. **CALLERS PRESS 2-6 FOR CORONAVIRUS**

For emotional support with stress or anxiety, Call 2-1-1 and choose the 'CALL2TALK' option. Residents can also reach 2-1-1 through a live chat option on the Massachusetts 2-1-1 website.

SENIOR MEET UPS

We have heard from some of you who would like to start meet ups. Meet ups are groups of people who have similar interests that want to get together safely during these difficult times using social distancing and masks. We have an "e-mail connection" where you can send us your e-mail address, suggestions and questions. If you would be interested, please e-mail us at: hcoameetups@gmail.com Here are some suggestions for some areas of possible interest: Photography; Day Trips; Book Group; History Group; Cooking Group; Game Night; Movie Night; Community Garden; Bird Watching; Kayaking. Share your thoughts!!



MEDICARE OPEN ENROLLMENT TIME IS HERE

Our SHINE Counselor, Suzanne is now available for virtual appointments over the phone or perhaps through Zoom or Google Meetings. In order to register for an appointment to talk to Suzanne, please call the Senior Center at 508-210-5570. We will take your name and phone number and schedule a specific time for you. We will pass that information on to Suzanne and she will call you at the appointed time. All appointments are on Wednesday afternoons.

FREE LEGAL CONSULTATIONS

On **Monday, November 9** 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



MORE OUTDOOR EXERCISING!



Our outdoor exercise classes with Marty will continue for one class in November. The class will be held OUTSIDE from **1:00-2:00 p.m. on Friday, November 7**. Exercise for all levels - some while seated in chairs, some standing. Wearing a mask during class is optional. Please wear your mask from your car until you are seated. You will be 6 feet apart, facing forward. All are welcome. There's no charge for the classes.

Class size is limited so registration is **REQUIRED**. To sign up, please call 508-210-5570. Please remember that you will have no access to the building.

The Senior Center will be closed on Wednesday, November 12 in observance of Veterans Day... and



Thursday, November 26 in observance of Thanksgiving

From the Outreach Office

Here we are in November. We continue to miss being together however Paula and myself are in the office each day and would love to hear from you.

We can provide information on fuel assistance, SNAP, the Wachusett Food Pantry, housing, medical equipment and so much more.

Take time this month to update the information on your File of Life cards. If you need a new card or if you don't have a File of Life, please contact us. We will see to it you get one as soon as possible. Remember, this important tool is the first thing the Paramedics look for during an emergency event, especially if you are unexpectedly left incommunicative. We have the magnets for your fridge and small wallet sized ones to keep in your wallet, purse or car.

Remember that we deliver books, movies and puzzles through our Book Express program with the Library. Have a wonderful Thanksgiving and please continue to follow all the recommendations to stay well.

Paula ~ 508-210-5575

Dale ~ 508-210-5576



A LETTER FROM THE NEW PRESIDENT OF THE FRIENDS OF HCOA ...

On September 14, 2020, we held our first monthly meeting since March 10, 2020. Due to COVID-19, the Holden Senior Center has been closed, so we held our meeting outside on the porch at the center.

First, a thank you and show of appreciation to Cynthia Stark, our outgoing President for the past two years, for her dedicated support and leadership to the FRIENDS.

We held our election of officers along with updates on a number of our activities and projects. We discussed our November annual fair and bake sale and our weekly Morning Glory Café; and trips scheduled for the balance of 2020. All functions/activities have been cancelled since March 2020.


We then discussed our financial position for the Fiscal Year 4/1/19-3/31/20. A close look at our revenues reflects the annual Fair/Bake Sale along with the Morning Glory Café contributed nearly 50% of our annual revenue. As you may know, since March 2020, these two activities have generated no income due to COVID-19. Our major expense for this same period of time (our monthly newsletter) makes up 34% of our expense and is ongoing during the same time period.

One of our major projects over the past six months is the creation of a computer database consolidating our membership and mailing lists. We find we have many people who receive our newsletter that are not members of the Friends. If you are not a member, and would like to become a member, a membership coupon is on the back page of the newsletter. Our members meet monthly, the second Monday of each month at 10:00 a.m. Our next meeting is TENTATIVELY scheduled for **Monday, November 9 at 10:00 a.m.** Updates on this meeting's location will be posted on the Friends' website at www.fhcoa.org as the date draws closer.

A LITTLE THANKSGIVING TRIVIA

- 1) What year was the celebration that is most commonly considered to be the 1st Thanksgiving and how long did the celebration last?
- 2) Under which President did Thanksgiving become an Annual Holiday?
- 3) Which President was the first to give a turkey a Presidential Pardon?
- 4) What meat did the Native Americans bring to the 1st Thanksgiving?
- 5) What state raises the most turkeys?
- 6) What food was present at the first Thanksgiving but is rarely eaten at Thanksgiving now?



- ANSWERS**
- 
- 1) 1621 and it lasted for 3 days.
 - 2) Abraham Lincoln in 1863.
 - 3) Ronald Reagan in 1987.
 - 4) Deer (venison)
 - 5) Minnesota followed by North Carolina, then Arkansas
 - 6) Because Plymouth County relied heavily on fishing, there was plenty of seafood at the first Thanksgiving

GRAB & GO LUNCHES

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 above). Here's the way it works: You call the **SENIOR CENTER (not Sue) at 508-210-5570** to make your reservation. You **MUST** call 48 hours in advance. (i.e., call by 12:30 on Thursday for the following Monday or by 12:30 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.



VOLUNTEERS NEEDED FOR TAX PREPARATION

Tax-Aide, a partnership between the IRS & the AARP Foundation, needs volunteer counselors to help low-and moderate-income persons in your community prepare their Federal & Massachusetts income taxes. Additional positions for site greeters are also available.



Last year over 4,700 returns were prepared at 41 sites around Worcester county. Nationally almost 3 million taxpayers availed themselves of Tax-Aide services.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season - Feb.1st-Apr. 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information go to: <https://aarp.org/taxaide>. Select "Volunteer." Then select Tax Aide from the drop down.

The Board and Staff of the Holden Council on Aging wish you the blessings of good health, good food, family and friends during this Thanksgiving season. Happy Thanksgiving.



HO HO HO ... LUNCH TO GO!

Once again, because it's not safe for us to gather to observe Christmas in person, on **Wed., December 9** we will be offering a homemade Christmas "stick to your ribs" lunch. Lunch will be beef stew, roll, and dessert. The stew will be served in a microwaveable bowl so you can have it nice and hot! You may even find a little something extra in the bag from Santa! Reservations are **REQUIRED** and can be made by calling 508-210-5570 and will be accepted through Friday, December 4 or until we reach capacity.



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.

NOVEMBER MENU

(Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Chicken Pot Pie	3) Spaghetti & Meatballs	4) Potato Crunch Fish	5) Shaved Steak & Cheese	6) Garlic Herbed Chicken
9) Stuffed Pepper Casserole	10) Hot Dog & Baked Beans	11) Veterans Day <i>No Meals</i>	12) Ranch Chicken	13) Braised Beef
16) Chicken Pesto	17) Beef w/Onions & Peppers	18) Roast Pork Loin w/Gravy	19) American Chop Suey	20) Baked Fish w/ Crumb Topping
23) Shepherd's Pie	24) Roast Turkey w/Gravy	25) Meatloaf /wGravy	26) Thanksgiving Day <i>No Meal</i>	27) Jambalaya
30) Teriyaki Beef				

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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