



Among Friends October 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 October programming and all trips for the remainder of the year. **Van 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-September when it went to print.



PUBLIC POWER WEEK LUNCH ... REALLY??

YES!!! Really!! Not in typical fashion, but lunch none the less. On **Thurs., October 15** we & HMLD will host the Public Power Week Luncheon **"to go"** for **HOLDEN RESIDENTS ONLY!** Participants will enjoy a delicious lunch of homemade lasagna, salad, bread, apple crisp & a cold drink. You'll simply drive up to the tented area between **12:00 & 1:00** to receive your meal. Employees from the Light Dept. will be here to distribute information/gift bags to you as well. Reservations are **REQUIRED** & will be accepted until the end of business on Fri. Oct. 9 OR until we reach capacity.

Please note, if the weather is nice and you wish to bring your own chairs, you are welcome to enjoy your lunch here on the grassy areas or on our porches. To make your reservation, please call the Senior Center at 508-210-5570. **A big thank you to the Light Dept. for sponsoring this annual event!**



WE NEED YOUR HELP!!

The Friends are looking for a volunteer with Excel spreadsheet experience to maintain the newsletter & membership list. Responsibility includes a monthly upload of an updated list to the Senior Center Office. If interested, please call Suzanne at 774-420-6696 or email fhcoa1130@gmail.com



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 SURVEILLE, TOWN CLERK

Recent legislation outlines 3 options for voting in the November Presidential elections -

Vote by Mail, Vote Early in Person or Vote on Election Day

Election Type	Date of Election	Poll Hours	Deadline to REGISTER TO VOTE	Register to Vote at either Police Dept. Lobby or with the Town Clerk	VOTE BY MAIL APPLICATION DEADLINE
Presidential Election	11/3/2020	7AM-8 PM	10/24/2020		10/28-5 PM

VOTE BY MAIL

All registered voters qualify to vote by mail in the November presidential election. Application postcards will be mailed to ALL registered voters, at their mailing address, who have not already applied to receive a vote by mail ballot. Postcards will be mailed to all registered voters & voters without an application already processed by September 1st. The approximate date of postcard application mailing will be September 14th.



APPLY EARLY - Allow ample time to process your application and for the postal services to deliver your ballot. If you are concerned about applying too early - please note that voters can hold on to their ballot and return it during the week prior to the election. Voters who receive a vote by mail ballot but do not return it prior to election day may appear to vote in person on election day to cast a ballot. Any voter that has returned a vote by mail ballot or voted early in person cannot vote on Election Day.

Applications can be returned by mail. The postage is pre-paid on the postcard application mailed to you or place it in the drop box outside Town Offices or scan and email to townclerk@holdenma.gov

TRACK YOUR APPLICATION AND BALLOT

Voters who have applied for a vote by mail ballot may use this link to track the status of their application as well as the status of their ballot. Please note we anticipate a large volume of applications as there are over 14,000 voters in Holden. Please **allow at least 2 weeks before checking the status of your application and allow a minimum of 10 days to receive your ballot from the status date of mailing.** Please DO NOT contact the Clerk's Office to check on your status until the recommended amount of time listed above has passed. Inquiries should be sent to: townclerk@holdenma.gov

RETURN OF VOTE BY MAIL BALLOTS

Mailed ballots include a postage pre-paid return ballot envelope that is addressed to the Town Clerk's Office. You may return your ballot by mail (please see deadline below) or hand deliver your ballot by placing it in the drop box outside Town Offices (deadline is close of polls on Election Day). Ballots can NOT be returned to the polling location on Election Day - they must be returned to the Town Clerk's Office for processing before they are delivered by Town Clerk's staff to the polls to be cast on Election Day. Voters who receive a vote by mail ballot but do not return it prior to Election Day may appear to vote in person and cast a ballot on Election Day. Any voter that has returned a vote by mail ballot (or voted early in person) is not permitted to appear to vote in person on Election Day. ***The deadline for your ballot to be returned and counted: 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 EARLY IN PERSON

In person Early Voting is available for the Presidential Election. No application required—just show up and vote!

Period: **October 17-30** Location: **Holden Senior Center, 1130 Main Street - All 5 Precincts**
Saturdays & Sundays October 17 & 18, Oct. 24 & 25 - 8:00 AM-12:00 PM; Mondays, Wednesdays & Thursdays: October 19, 21, 22, 26, 28 29 - 8:00 AM-4:00 PM; Tuesdays October 20 & 27 - 8:00 AM-7:00 PM and Fridays October 23 & 30 - 8:00 AM-12:00 PM.

Please note that no more than 5 voters will be allowed in the Senior Center at any time to vote early

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!!

INSURANCE QUESTIONS?



With open enrollment quickly approaching, if you have questions about your health insurance, our SHINE Counselor, Suzanne Brown would be happy to contact you to talk about your questions and help you come to some solutions. Because our building remains closed, the Senior Center Staff will help connect you with Suzanne. Simply call us at 508-210-5570 and ask us to help you connect with the SHINE Counselor. Give us your name, telephone number and e-mail address. Suzanne will e-mail you with a day and time for a phone consultation. As always, all of your information will remain strictly confidential.

FREE LEGAL CONSULTATIONS

On **Monday, October 5** 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.



MORE OUTDOOR EXERCISING!

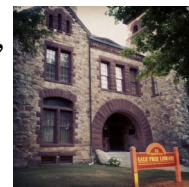


Our outdoor exercise classes with Marty will continue in October. Classes will be held OUTSIDE from **1:00-2:00 p.m. on Friday, October 9 and Friday, October 23.** Exercise for all levels - some while seated in chairs, some standing. Wearing a mask during class is optional. Please wear your mask from 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**. When you call to register, please indicate if you are enrolling for one class or both classes. To sign up, please call 508-210-5570. Please remember that you will have no access to the building.

FROM THE LIBRARY ...

While the Gale Free Library building remains closed to the public, we are offering materials to be picked up curbside at the library BY APPOINTMENT. We are also providing a reader's advisory to assist patrons with what they might like to read since they cannot currently browse. Also, please remember the option of Book Express where you can let us know books, movies, etc. you'd like to enjoy & it's brought to your home via a Senior Center Volunteer. Please don't forget to check our many digital resources for patrons. 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 (Main)/508-210-5569 (Reference) or follow us on Facebook.



From the Outreach Office

As we move into the beautiful autumn month of October, the Outreach Office is here to assist you with any of your questions and concerns. We can provide information on fuel assistance, food pantry, SNAP, housing and many other services you may be in need of. We continue to deliver books, movies, and puzzles twice a month. Contact the Gale Free Library at 508-210-5560 and tell them you'd like to enroll in the Book Express Program.



We have reached out to the Wachusett Mountaineers Volunteers regarding leaf raking. With school being held virtually, it's going to take some time to determine if the program will happen this year. Hopefully we will know something by Columbus Day. You can give us a call after that to see if the program will continue this year.

Paula ~ 508-210-5575

Dale ~ 508-210-5576

FROM THE FRIENDS ...



The Friends of the Holden Council on Aging will meet on **Monday, October 12 at 10:00 a.m.** Because the Senior Center will still be closed to the public, we will meet **OUTSIDE**. Please **BRING YOUR OWN CHAIR**. (Yes, we realize it is the Columbus Day holiday but because we won't require access to the building, we decided to keep our meeting date as it originally falls on the calendar.) We look forward to seeing you there! If you have questions, please call the Senior Center at 508-210-5570.

NEWS FROM THE REGISTRY OF MOTOR VEHICLES

Expired driver's license or ID card? The RMV is announcing an extension to free REAL ID upgrade. All eligible customers who renew their standard Massachusetts driver's license or Massachusetts ID card online at Mass.Gov/RMV before the end of the state of emergency (extended from August 12), qualify for a free upgrade to a REAL ID credential up to one year in advance of the expiration date printed on their license or ID, or up to two years after the expiration date.



Looking for more RMV Information? Go to [Mass.Gov/RMV](https://www.mass.gov/rmv)

HAPPY 100TH BIRTHDAY!!

Happy 100th Birthday to one of our treasured long-time volunteers, Barbara Pearson! Barbara turned 100 years old on Friday, September 4th. To the left is a picture of Barbara at a very small gathering outside the Senior Center offered by her family and friends. (By the way, the sash she is wearing says "100 and Fabulous!!") We can't think of a better way to describe her.



Barbara has held volunteer positions (Pen Pal, Kitchen Help to name a couple) here at the Senior Center for many, many years and would still be volunteering today if she possibly could!

Happy Birthday Barbara and best wishes for good health and happiness!!



OCTOBER MENU

(Menu subject to change without notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) BBQ Chicken	2) Macaroni & Cheese
5) Lasagna & Meatballs	6) Chicken Fajitas	7) Roast Pork & Gravy	8) Beef w/ Onions & Peppers	9) Potato Crunch Fish
12) Columbus Day-No Lunch	13) Hot Dog & Baked Beans	14) Baked Potato with Chili & Cheese	15) Broccoli & Cheese Stuffed Chicken	16) Shepherd's Pie
19) Chicken Mornay	20) Meatloaf with Gravy	21) Roast Turkey and Gravy	22) Macaroni & Cheese	23) Baked Fish w/ Parmesan Cream Sce.
26) Pork Rib-i-que	27) Swedish Meatballs	28) Sloppy Joe	29) Chicken Cacciatore	30) Fish with Crumb Topping

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 (please note change in time)**; 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.

NOVEMBER HAPPENINGS ...

Ron Rosenstock ~ Peru & the Galapagos Islands
Via HCTV.

Coffee for Veterans w/Veterans Agent



Free Legal Consultations

Grab & Go Thanksgiving



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.

BOOST YOUR IMMUNE SYSTEM

Join Tricia Silverman, Registered Dietitian, Wellness Coach, Author and Fitness Instructor, in an October presentation on Holden Cable TV channel 191 titled, "**12 Tips for Boosting Your Immune System!**" She will share a variety of practical nutrition and wellness strategies to keep your mind and body functioning at its best. This program is supported by the Holden Council on Aging/Holden Senior Center.

- Learn how eating a rainbow array of fruits and vegetables is a simple but effective strategy for nurturing your immune system
- Pick up helpful and practical shopping tips
- See examples of foods to purchase
- Find out why sugar and stocking up on comfort foods, may work against your immune system
- Learn meditation tips and resources to boost your immune system.
- Hear about Japanese forest-bathing, and how this technique may benefit your health



The presentation will air throughout October on Thursdays at 8 a.m.; Fridays at 6 p.m. & Sundays at 2 p.m. on Channel 191

***The Senior Center will be closed on
Monday, October 12 in observance of Columbus Day***



***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.***

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

Return Service Requested

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520