

# Among Friends October 2022



Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)  
or find us on Facebook



## *View From the Fishbowl*

I am settling in as the new Director. You might notice small changes here and there. New eyes bring new ideas. I am trying to make the Senior Center a welcoming place for everyone. Please stop by and give me your ideas or put them in the suggestion box by the check-in station. I eat lunch with the meal site several times a month. I would love for you to join me. I can guarantee that I will be there on hot dog day. Call Tom, 508-210-5578, at least 2 days in advance to reserve your seat. Hope to see you. There is always a place at my table for you. **Karen**

**Power lunch menu change—chicken broccoli alfredo, salad, and garlic bread**

**News From SHINE**—*Important mail from your drug plans and Medicare Advantage plans*  
It's that time of year. If you have a Medicare Part D prescription drug or Medicare Advantage Plan, you will receive a document called the Annual Notice of Change. This is a summary of changes to your plan for 2023. Your costs, covered medications, and provider networks may change from year to year. Make sure you read this document and figure out if your plan still works for you. If you did not receive this document, call your plan and request another copy. If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period, which is from October 15 to December 7. Any changes take effect on January 1. SHINE counselors can help you to understand changes to your plan as well as discuss other options. Make an appointment with the SHINE counselor soon!!

*SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Our services are free and unbiased.*

***The Senior Center will be closed on  
Monday, October 10 in observance of  
Indigenous Peoples' Day/Columbus Day***

## COUNCIL ON AGING BOARD MEMBERS

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

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

**Director: Karen Phillips**

**Secretary:**

**Program Coordinator: Clare Nelson**

**Transportation Coordinator: Mary Sloan - 508-210-5573**

**Outreach Worker: Paula Earley**

**Outreach Worker: Dale Hayden**

**Drivers: John Bianco, Katherine LePain, Nancy Melton  
and Ellie Johnson**

**Meal Site Manager: Tom Chviruk - 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.**

### *In Memoriam ...*

Bill Johnson—widower of Ellen Johnson  
Rev. Dr. Paul Kennedy—husband of Carol Kennedy  
Carol Rahaim—widow of James Rahaim  
Barbara Scardamaglia—mother of Ritza Elizabeth and Lana LeBlanc  
Herbert Keilson—widower of Betty and Annett  
Howard “Howie” Beressi—husband of Janice Beressi  
Robert Goodney—husband of Mary Goodney  
Leslie Pentland—mother of Craig and Kimberly Pentland  
Ralph “Ken” Tupper—husband of Carleen Tupper  
Lois Dahlin—wife of Richard Dahlin  
Dennis Progin—uncle to 7 nieces and nephews  
Peter Favata—husband of Janet Favata  
Joan Orton—mother of Leah Hogland and Tara Orton, partner of Stanley Zinck  
William Perkins—husband of Nancy Perkins



### Need a ride??

If you need a ride within Holden or to an appointment in the Worcester area, call Mary at 508-210-5573. We have a WRTA van and a Holden van to help get you where you need to go.



Students from Wachusett will be hosting a 7 week course on using your cell phone, starting Wednesday, October 5th at 2:45 PM. Sign ups required.

### **Events for the Month**

**Please register for all programs by calling the Center at 508-210-5570**

**“Staying in Control”** by Attorney Arthur Bergeron on Monday, October 3 at 1 PM. Make sure you have the people in place, through a Power of Attorney and Health Care Proxy, to help with your affairs.

**Davis Bates** is back by popular demand on Wednesday, October 12 at 1 PM. He will be entertaining us with spooky stories in a “Halloween Harvest” presentation.

**“Fall Prevention”** talk by Nicole Dobachesky of Physical Therapy Innovations, Inc. on Monday, October 17 at 1 PM. We are all interested in avoiding falls and the consequences of these accidents. Come and learn how to prevent falls in the first place.

**The Post Road Chorus** on Wednesday, October 19 at 1 PM. Join us for this lovely fall concert. It is free and open to all.

**“An Apple a Day”** by Nancy Riggs on Monday, October 24 at 1 PM. How many different varieties of apples are there? Which apples are best for cider? Which ones are best for baking? This program is everything you never knew you wanted to know about apples. This is sponsored by the Holden Women’s Club.

**“Understanding Medicare”** by Cheryl Owoc on Wednesday, October 26 at 10:30 AM. Come and learn how Medicare works and what coverage you can expect. Free and open to all.

**\*\*Make it an afternoon by coming to lunch. Call Tom at 508-210-5578 to reserve your spot.\*\***

### **What was the most powerful weapon in the US military for more than 30 years?**

Beginning in 1960, through 1990, this one weapon protected us from our adversaries. It had no guns, did not drop bombs and was only damaged once, though it loitered over hostile territory. It was the family of spy planes providing aerial observation. Although this family of aircraft, and the men that flew them, provided vital information that shaped US Diplomatic policy and military planning, there is little known about them. With nicknames like Dragon Lady, Bald Eagle, Oxcart, The Sled, Habu, and Lightning Bugs, and ranging in speed from MACH3+ to slow loitering drones, they are interesting weapons in the history of US War Planes. You are invited to join us **October 11th at 3:30 PM** at the Senior Center for this interesting presentation. Please call the Senior Center at 508-210-5570 to sign up.



## From the Outreach Office



Autumn has arrived. We can provide applications for food pantry and deliver, SNAP (food stamps), housing, Help at Home, File of Life, and much more. Do you need help with shopping or homemaking? Do you need a home visit from a hair dresser or a friendly visitor?

Please call or visit us—Paula at 508-210-5575 or Dale at 508-210-5576

**Volunteers needed for tax preparation!!** Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and State income taxes. Additional positions for site greeters are also available. Last year over 4700 returns were prepared at 41 sites around Worcester County. Nationally, almost 3 million taxpayers used Tax-Aide services. Volunteers work 4-6 hours a week for the eleven weeks during tax prep season—Feb 1st to April 15th. Training for volunteer preparers will start in November, with most of the training online. Internet access and basic computer skills are necessary. For more information, go to: <https://www.aarp.org/volunteer/programs/tax-aide>

### **Worcester County District Attorney's Office, Joseph D. Early, Jr., Community News Brief:**

**988 Suicide and Crisis Lifeline**—988 is a free 3-digit phone number that any individual who is in need of support for a suicidal, mental health, and/or substance use crisis can utilize. It can also be used if someone has a concern about someone else. Trained crisis counselors respond to all calls. 988 provides 24/7 free and confidential support to people in suicidal crisis or emotional distress. The Lifeline helps thousands of people overcome crisis situations every day.

**Mental Health is a Public Health Issue**—The World Health Organization defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. Mental health is essential to overall health and well-being. It must be recognized and treated in all Americans, including older adults, with the same urgency as physical health.

**Mental Health in Older Adults**—The CDC estimates that 20% of people aged 55 or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment, and mood disorders. Mental health issues are often implicated as a factor in cases of emotional distress and suicide. Older men have the highest suicide rate of any age group. Men aged 85 or older have a suicide rate of 45.23 per 100,000, compared to an overall rate of 11.01 per 100,000 for all ages.

**Depression in Older Adults**—The CDC and National Institute on Aging recognize depression as the most prevalent mental health problem among older adults. Depression is a mood disorder that impacts the way an individual feels, acts, and thinks. The prevalence of depression has been increasing during the COVID-19 pandemic, making it important to recognize signs and symptoms so treatment can be obtained when it is needed. At its worst, depression can cause a mental health crisis including thoughts of self-harm and suicide.












**Supporting Friends and Family with Depression**—It is important to know that family and friends can be supportive of their loved ones, but depression should be treated by a professional.

- Encourage the person to seek medical treatment and to stick to the treatment plan.
- Help set up medical appointments or accompany the person.
- Participate in activities the person likes to do.
- Ask if the person wants to go for a walk or participate in another form of exercise.
- If you have an immediate concern regarding a loved one's mental health, call 988.



# October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 10:30-12:15 Free Legal Clinic by Appointment 11:00 Write On 12:00 Congregate Lunch 12-3:45 Bridge 1:00 <b>Staying in Control</b> <b>Legal talk</b></p>	<p><b>4</b></p> <p>8-4:00 Billiards 9:00 Photography 9:30 Knitting 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class free 2:30 Vintage Harmony</p>	<p><b>5</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 9:00 Piano Lessons 9:30 Needlework 12:00 <b>HMLD Lunch</b> 1:00 Pitch Party 2:45 Cell phone class</p> 	<p><b>6</b></p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Chair Yoga \$2 1:00 Photography 2:00 Strength &amp; Cardio \$4</p>	<p><b>7</b></p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness—free 2:00 Men's Fitness free</p>
<p><b>10</b></p> <p><b>Indigenous Peoples' Day/Columbus Day</b></p>  <p><b>SR. CENTER CLOSED</b></p>	<p><b>11</b></p> <p>8-4:00 Billiards 9:00 Photography 9:30 Knitting 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class free 3:30 <b>US War Planes</b></p>	<p><b>12</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 <b>Halloween Harvest by Davis Bates</b> 2:45 Cell phone class</p> 	<p><b>13</b></p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Chair Yoga \$2 1:00 Photography 2:00 Strength &amp; Cardio \$4</p> 	<p><b>14</b></p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness—free 2:00 Men's Fitness free</p>
<p><b>17</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 11:00 Write On 12:00 Congregate Lunch 12-3:45 Bridge 1:00 <b>Fall Prevention</b></p> 	<p><b>18</b></p> <p>8-4:00 Billiards 9:00 Photography 9:30 Knitting 10-11 Blood Pressures 10:00 Caregiver's Group 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class free 2:30 Vintage Harmony</p>	<p><b>19</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 9:00 Piano Lessons 9:30 Needlework 12:00 Congregate Lunch 1:00 Pitch Party 1:00 <b>Post Road Chorus Concert</b> 2:45 Cell phone class</p> 	<p><b>20</b></p> <p>8-4:00 Billiards 10:00 Painting 10:00 <b>Book Club</b> 10:30 Low Impact Exercise \$4 11:30 <b>Out to Lunch Bunch</b> 12:00 Congregate Lunch 1:00 Chair Yoga \$2 1:00 Photography 2:00 Strength &amp; Cardio \$4</p> 	<p><b>21</b></p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness—free 2:00 Men's Fitness free</p> 
<p><b>24</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 11:00 Write On 12:00 Congregate Lunch 12-3:45 Bridge 1:00 <b>An Apple A Day with Nancy Riggs</b></p> 	<p><b>25</b></p> <p>8-4:00 Billiards 9:00 Photography 9:30 Knitting 10-11 Blood Pressures 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Bingo 1:00 Balance Class free</p>	<p><b>26</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 9:00 Piano Lessons 9:30 Needlework 10:30 <b>Medicare Workshop</b> 12:00 Congregate Lunch 1:00 Pitch Party 2:45 Cell phone class</p>	<p><b>27</b></p> <p>8-4:00 Billiards 10:00 Painting 10:30 Low Impact Exercise \$4 12:00 Congregate Lunch 1:00 Chair Yoga \$2 1:00 Photography 2:00 Strength &amp; Cardio \$4</p>	<p><b>28</b></p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Congregate Lunch 1:00 Spring Chicken Fitness—free 2:00 Men's Fitness free</p>
<p><b>31</b></p> <p>8-4:00 Billiards 9:00 Tai Chi \$4 11:00 Write On 12:00 Congregate Lunch 12-3:45 Bridge</p> 	<p><b>Any activity or menu item can change without notice</b></p>		<p><b>Food Pantry Senior Distribution Friday, October 21</b></p> 	

## 2022 DAY TRIPS



To **sign-up** for a trip, please call **508-210-5579** and leave a message leaving your name, phone, which trip you're registering for, names of those attending and meal choice if applicable **OR** meet our Trip Coordinators in the Lounge on Tuesdays from 1:00-2:30 or Fridays from 9:00-10:30.

**Oct. 4-6 - DAVID - Grand Amish Showtime!** (Meeting at the Dawson Pool parking lot)

**Nov. 1 - Encore Casino** - \$32.00/person. Includes: driver gratuity/\$20 slot play.

**Dec. 1 - Yuletide Newport** - A magnificent lighting display at LaSalette Shrine. A delicious luncheon at Quonset Point Officers Club. \$101/person - driver's gratuity included.

*Driver's Gratuity included in prices. Checks are due 30 days prior to each trip & should be made out to "Friends of HCOA." Do not send a check before the 30 days. We will call everyone to remind them.*

**PLEASE NOTE:** *If you have questions relative to any trip, please call the trip line at 508-210-5579, as our staff knows very little about the trips. You will have to leave a message, however, our trip coordinators are excellent about checking messages at least once daily Monday-Friday. Also, please remember these ladies are VOLUNTEERS and not paid staff.*

**PROOF OF COVID VACCINATION WILL BE REQUIRED FOR EACH TRIP  
MASKS ARE REQUIRED FOR EACH TRIP AS WELL.**

**OUT TO LUNCH BUNCH:** We are going to **Peppercorn's Grille and Tavern** on 455 Park Ave in Worcester. We hope you'll join us on at **11:30 AM on October 20**. Call Dale at 508-210-5576 to reserve your seat.

**FREE LEGAL CLINIC**—Attorney Arthur Bergeron from the law firm of Mirick O'Connell will offer free 15 minute consultations on **October 3rd**. Appointments are **required** and are held between 10:30 and 12:15. Make your appointment by calling the Senior Center at 508-210-5570.



**Book Club** —*The Ride of Her Life* by Elizabeth Letts. This is a triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean. Join us on October 20th at 10 AM. All are welcome.

**Vintage Harmony Group** — Want to create a music group to have fun, laugh, and sing songs? Want to join in on sing-alongs to your favorite tunes? If your answer is yes, join us every other Tuesday at 2:30 PM in the dining room.

### FROM THE FRIENDS OF HCOA

We are pleased to congratulate Carol O. as the winning donor for the California King quilt! Carol picked up the quilt and was thrilled because "purple is my favorite color!"

We have successfully implemented e-mailing the monthly newsletter. We hope you will take advantage of receiving your newsletter electronically. Be the first to know, as you will get it about 10 days before the mailed ones. Sign up on the Friends' website—fhcoa.org. The email will come from LPi.

The Morning Glory Café continues to be very active. We serve 60-70 patrons each Friday morning. Where else can you receive fresh baked pastries for a dollar along with unlimited coffee or tea? We started a 50/50 donation each month, where a patron gets 50% of the donations and the Friends get 50% to donate to a local charity. Join us Friday mornings from 8:30-10:30.

Buttons, buttons, buttons. The Knotty Knitters are looking for buttons for the towels that they make for the Friends' Cart. The best size is 3/4" or 1". Please donate buttons to the knitters on Tuesdays from 9-10:30 or give them to the front desk. Thank you in advance!

The Friends' monthly meeting will be on October 3rd at 10 AM in the Senior Center.



**FRIENDS OF HCOA  
I WOULD LIKE TO:**

Renew My Membership      Become a New Member   
Enclosed is my \$5.00 Donation (check or cash only)  
Please fill out and return to the Senior Center.



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Birthday \_\_\_\_\_

E-mail: \_\_\_\_\_

Amount of Check: \_\_\_ \$5.00    \_\_\_ \$10.00    \_\_\_ Other    Membership is good for the calendar year.

**October MENU \$2.50 ~ (Menu subject to change without notice)**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken pot pie Mashed potatoes	4 Spaghetti & meat- balls Green beans	5 Potato crunch fish Potatoes and peas	6 Baked ham w/maple glaze, potatoes, carrots	7 Garlic herb chicken Stuffing, brussels sprouts
10 NO MEALS	11 Hot dog & beans Cole slaw	12 Stuffed pepper cas- serole, potatoes, car- rots	13 Ranch chicken Rice, veggies	14 Braised beef Pasta, broccoli
17 Chicken pesto Scalloped potatoes	18 Burger w/chili & cheese, green beans	19 Pork loin w/gravy Stuffing, cabbage	20 Egg frittata, pota- toes, stewed tomatoes	21 Ham salad Potato salad
24 Shepherd's pie Carrots, peas	25 Greek chicken cas- serole and rice	26 Turkey supreme, sweet potatoes,	27 Meatloaf w/gravy Potatoes, corn	28 Lemon pepper fish Potatoes, veggies
31 Teriyaki beef Rice, broccoli		<b>Order your meal 2 business days ahead!!</b>		

**Senior Men's Fitness Class with Marty—starting Friday, October 7 at 2 PM.**

Guys need their own fitness class. This is just what the Fitness Guru ordered. All levels of fitness are welcome. Join us for cardio and strength training, some boxing and athletic strength, along with balance and posture work. There won't be any ballet or twirling, but there will be stretching and relaxation suggestions. All of this fun while listening to the oldies. The best part is that the class is free!! Hope to see you there!



***Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC.  
and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.***

**Return Service Requested**

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