

# Among Friends September 2020

Friends of HCOA website: [www.fhcoa.org](http://www.fhcoa.org)



## PLEASE NOTE ...

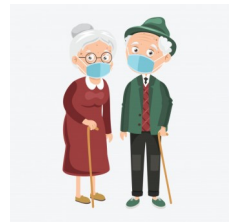
We have been receiving calls asking when we will reopen. In response, we continue to operate using an abundance of caution for everyone's benefit and will open when it is absolutely safe to do so. Until then, we continue to social distance. With that in mind, we have cancelled/postponed most programming for September 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** 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-August when it went to print.



## FLU SHOT CLINICS

As part of our efforts to keep our Seniors safe and healthy, we will hold flu shot clinics on **Wednesday, Sept. 23 from 1:00-3:30 p.m. AND Wednesday, Oct. 7 from 1:00-3:30 p.m.** Both of these clinics will be held **OUTSIDE** under tents. Due to the COVID-19 pandemic, we will do the clinics differently this year. **You must make an**

**appointment to receive your shot. We are asking you to REMAIN IN YOUR CAR until we call you to come over to begin your paperwork.** While doing paperwork, you will be spaced 6 feet apart and separated by a plexi-glass barrier. **ALL WALGREEN'S STAFF AND SENIOR CENTER STAFF WILL BE REQUIRED TO WEAR MASKS AND GLOVES. We ask those receiving shots to wear masks as well.** If you forget your mask we can provide one to you. Please remember to bring your health cards with you and have them out and at the ready. To make your appointment, please call the Senior Center at 508-210-5570. A huge thanks to Dan and his team from Walgreen's for providing these clinics.



***The Senior Center will be closed Monday, September 7  
in observance of Labor Day***



### 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

**INFORMATION ON VOTING IN THE STATE PRIMARY:** Our state primary will be held on *Tuesday, September 1st*. Voting precincts will be open from 7 a.m.-8 p.m. OR you can choose to vote early at the Senior Center from **Saturday, August 22-Friday, August 28**. Early voting for all five precincts will be held at the Senior Center. *Hours for early voting will be: Saturday and Sunday 8-Noon; Monday, Wednesday, Thursday from 8 a.m.-4:00 p.m.; Tuesday 8 a.m.-7 p.m. Friday 8-Noon.* Should you choose to vote on **Primary Day, Sept. 1st**, voting hours are listed above; voting precincts are located as follows: Precincts 1 & 2-Senior Center; Precinct 3-Davis Hill School (please use Highland Street entrance); Precinct 4-Mountview School & Precinct 5 at the Light Department.

**INFORMATION ON VOTING IN THE PRESIDENTIAL ELECTION:** On July 6th the Governor signed new legislation - an Act relative to voting options in response to COVID-19. This legislation outlines 3 options for voting in the fall 2020 elections - **VOTE BY MAIL; VOTE EARLY IN PERSON; VOTE ON ELECTION DAY.** All registered voters qualify to vote by mail. 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 as follows:



Approximate date of post card application mailing: September 14th  
Mailed to all voters registered by & voters without  
an application already processed by September 1st



**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 post card application mailed to you or place it in the drop box outside the Starbard Building or scan and email to: [townclerk@holdenma.gov](mailto: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](mailto: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 or hand deliver your ballot by placing it in the drop box outside of 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.

More information about dates, times and location of early voting in October and voting in the Presidential election will appear in the October newsletter.

*Thank you! Thank you! Thank you! To the “Sew-What” Group and also to the Oriol Mask Force for providing masks to our seniors!*



### FROM OUR TRIP COORDINATORS



The safety of all who join us on our trips is paramount. During this uncertain time we feel it is wise to make the difficult decision to cancel all remaining trips for 2020. Our transportation providers, Fox Travel, Best of Times, Foxy, and Wilson Bus Company have extended their sincere regrets and share our concern to keep you all safe.

With that being said, we did not cancel trips that we rescheduled to 2021. If you had signed up for one of these trips we will keep you signed up unless we hear from you to remove your name. We are not taking any checks for these trips. We are taking names and phone numbers and will contact you should a trip go forward. Please call us at 508-210-5579.

The Texas Tenors - postponed to April 22, 2021

Jimmy Buffet Tribute Show and Lobster Bake - postponed to July 14, 2021

Christmas Lights at Tower Hill - postponed to December 2021 (date to be determined)

We want to thank all our seniors, family members, staff, and friends who supported our endeavors to provide some great trips during 2020 for the Holden Senior Center. Your support and patience has been greatly appreciated. We hope to see you all next year on the bus! Stay safe and well.

Eileen, Dianne and Dale

### *Thank you so very much to ...*

*... Michael Mazloff and Gina Tutela from the Holden Community Garden for sharing delicious bounties of fresh vegetables with our senior residents. Gina would be happy to share information about the Community Garden. Check out their Facebook page by searching: Holden Community Garden.*



*... Sheriff Lew Evangelidis from the Worcester County Sheriff's Office for generously sharing delightful organically grown vegetables from their 15 acre farm at the Worcester County Jail and House of Correction. We are grateful to all of these people for the generosity and kindness to our seniors.*



### 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 enclosed menu). 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 11:15 and 12:15; 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. We will begin taking reservations on September 1st through 12:30 on Thurs., Sept. 3rd for lunches to be received on Tuesday, September 8th. Needless to say if you want to call and make reservations for the month, you're more than welcome to do that.

### 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](http://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

What a year this has been! As we enter the autumn season, the Outreach Office continues to provide information to assist you with Fuel Assistance, housing, SNAP, loaned medical equipment, etc.

We continue to deliver books, movies and puzzles. For books and movies call Gale Free Library to make arrangements for these to be delivered to your home. We deliver twice a month. The number for the Gale Free Library: 508-210-5560. The program is called the Book Express. Sign up today and start utilizing these services from the Library and your Senior Center.

Paula - 508-210-5575 and Dale - 508-210-5576



We're here  
to help



## FROM THE FRIENDS ...

We have good news!! We are finally able to schedule our Friends of HCOA Annual Meeting. We will meet on **Monday, September 14 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**. At this meeting, we will hold our election of officers, make a definite decision on holding our annual fair and tend to any other business necessary. If you have questions, please call the Senior Center at 508-210-5570.

## FARMER'S MARKET COUPONS

We will have a second distribution of Farmer's Market Coupons on **Tuesday, September 8 from 9:00-11:00 a.m.** The distribution will be held outside. You will stay in your car and we will bring you the paperwork to fill out and then give you the coupons. Please have an ID ready to hand to the staff member who comes to your vehicle. The coupons are good through the end of October when the markets close.



**ALL Senior Center staff participating in the distribution will wear masks and gloves, adhering to the safety guidelines for COVID-19.**

The distribution will be on a first come first served basis.

## MORE OUTDOOR EXERCISING!



Our outdoor exercise classes with Marty will continue in September. Classes will be held OUTSIDE from **1:00-2:00 p.m. on Friday, Sept. 11 and Friday, September 25**. 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 reservations are **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.**

## INFORMATION FROM SHINE

### IMPORTANT MAIL ABOUT YOUR DRUG AND HEALTH PLANS!



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2021.

#### **Your plan premiums, deductibles, copays, providers and covered drugs may change significantly!**

This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will NOT be doing on site presentations at Senior Centers. We will make presentations available on our website, [www.shinema.org](http://www.shinema.org), and also through your local cable channel.

During the annual Medicare Open Enrollment Period (**October 15-December 7**), you will have a chance to CHANGE your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Remember, you can contact us at the regional office: 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back.

We are available via multiple platforms such as FaceTime, Zoom and Skype to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations on Zoom.

Our newly upgraded website: [www.shinema.org](http://www.shinema.org) has information on Medicare, MassHealth, links that can be a valuable resource.

### COMING IN OCTOBER...

Join Tricia Silverman, Registered Dietitian, Wellness Coach, Author and Fitness Instructor, in an October presentation on Holden Cable TV 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



SEE OCTOBER'S NEWSLETTER FOR TIME AND DATES THIS PRESENTATION WILL AIR.

### 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.



# OCTOBER HAPPENINGS ...

Oct. 7 ... Flu Shot Clinic by appointment only



## 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.

## PLEASE NOTE ...

While we appreciate those of you who share some of your magazines and books with us after you've finished with them, unfortunately we can no longer take them. Currently there's no one here to enjoy them and when we reopen, we won't be able to accept donations of this kind. So please don't leave them at the door. Sadly, we have to put them in the dumpster if they are left.



## A VERY, VERY BIG THANK YOU!



We'd like to offer a HUGE thank you to Brian Bullock, Joe Sullivan, the members of the Wachusett Area Rotary Club and the owners and staff of the Manor Restaurant and all their volunteers for the delicious and

delectable suppers delivered to area seniors during the early part of the COVID-19 pandemic. We are appreciative of all of the hard work it took to create and execute this program.

They delivered 6,600 meals for a cost of \$30,000. The Rotary received monetary donations from a local food pantry and private citizens as well as utilized funds from their own treasury. Their generosity and thoughtfulness will always be remembered and appreciated.



## ARE YOU MISSING YOUR FRIENDS?

We have an idea to remedy that. Anyone is welcome to come together either on the side of the ball field or on our porches. All you need do is organize your small group, bring your own chairs and other necessities (water, snacks, etc.) and enjoy each other's company!

Please remember that the building is locked so you will have no access to rest rooms, etc. We encourage social distancing and the wearing of masks if you cannot social distance.



*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