

Hello to Everyone!



Unfortunately we are all facing something we have little control over. It is important that we all follow social distancing, hand washing and sheltering in place. This is a time we need to draw on our own resilience. Resilience is that quality we all have, some more than others, that helps us deal with the challenges of life. As we age, we can reflect on past challenging times and remember how our resilience got us through and made us stronger.

This is also a time we all need to call our family and friends as sheltering in place can feel lonely. Calling people will help us all maintain our sanity during this difficult period.

Janice, Virginia, Holly, Ana and Jim have been calling our senior friends every single day. We do this because we miss all of you. Working from home is not as much fun as working at our vibrant senior center. We miss the hustle and bustle of our daily activities and events at the center. It really is difficult not seeing all of you. However, talking to you on the phone helps to keep us all connected. I challenge you all to call one or two people just to say "Hi". We have found that people love getting calls from us, almost as much as we like making the calls. These are truly unprecedented times, and one can never underestimate the importance of a phone call.

Although we are working from home, we still check our messages several times a day. If you have any concerns please call the center and leave a message and we will call back. If you have a problem we will do our best to help. We are still able to help people over the phone with most issues. Holly, Ana and Janice are still providing assistance with SHINE and Medicare issues. Holly and Ana continue to assist with fuel and SNAP benefit concerns. Please leave us a message. Be safe, Janice

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### New phones ☺

The Hudson Senior Center will have a new phone system in place by mid-April. Please bear with us as we all get used to the new system. Important new extensions are:

**Janice Long ex 470, Virginia Figueiredo ex 471, Holly Richardson ex 475, Ana Terra-Salomao ex 476**

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### **Increase in SNAP benefits (Supplemental Nutrition Assistance Program)**

Some people receiving SNAP benefits may notice a bump in their monthly benefit amount. About 55% of SNAP households are receiving extra funds for April and May. Only active recipients not receiving the maximum benefit will receive this supplement. The amount of the supplement is the difference between the amount the household receives in SNAP and the maximum grant amount for the household size. Households already receiving the maximum SNAP grant will not receive a supplement. Households are being notified by phone or text. The text reads, "In response to COVID-19, you will be receiving extra SNAP. Check your balance at DTA-Connect or by calling the number on the back of your EBT card."

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### **Please contact your Pharmacy for delivery of Prescriptions**

Your local pharmacy may be offering a delivery service, please call and check. If you are not getting a 3 month supply of medications, this may be a time to think about that. You can simply ask your doctor's office to write a prescription for 3 months and send that to your pharmacy, or you can do mail order with your prescription drug plan. If you have questions you can call your pharmacy or the Hudson Senior Center.

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### **MWRTA Bus Route 15**

Although the Hudson Senior Center Bus is not running at this time, please note that if you are within short distance of the fixed route for the **MWRTA Bus Route 15, it continues to run as normal. To see the schedule for Route 15 go to <http://www.mwrtta.com/routes/fixed-routes>**



## FOOD CONCERNS

### Supermarkets Offering Special Hours for seniors in Hudson

- Shaw's: 7:00 to 9:00 a.m. for shoppers age 60 and older on Tuesdays and Thursdays.
- Stop & Shop: 6:00 to 7:30 a.m. for shoppers age 60 and older every day.
- Market Basket: 5:30 to 7:00 a.m. for shoppers age 60 and older on Tuesdays, Wednesdays and Thursdays.
- Walmart: 6:00am to 7:00am for shoppers 60 and older every day.
- Walgreens: Tuesdays 8am-9am

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### The Hudson Food Pantry is opened on Saturdays

**Normal hours 9:00am to 10:30am**

Coronavirus (COVID – 19) Update from Hudson Community Food Pantry

During this period of time, the Hudson Community Food Pantry has implemented a few *temporary* changes. These changes are made under the guidance received from Greater Boston Food Bank as a means to best protect our clients and volunteers. We appreciate our clients' continued patience and cooperation as we all adjust to these *temporary* changes:

1. We will remain open on Saturdays; we will be closed on Tuesdays.
2. Volunteers will prepack bags of non-perishable food items for our clients. Eggs and cheese will be provided.
3. Meat, bread and pastry will be made available in limited quantities.
4. We ask clients to remain at their cars until it is their turn to enter the pantry. Clients will enter the pantry one at a time.
5. As always, photo id and proof of residency in Hudson, Berlin or Bolton is required.
6. You can call the Hudson Food Pantry for any questions: 978-562-5280 (you can leave a message and someone will call you back.)

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### United Methodist Church

**Drive Through and Pick up food on Mondays and Thursdays 12pm-2pm**

**(Senior Citizens who need delivery please call Stacey at 978-601-2494)**

The First United Methodist church at 34 Felton Street, Hudson Ma will have drop boxes set up at our back handicapped entrance located on Pleasant Street. It is a covered space and there will be bins for the donations and signs telling you where to go.

**For those in need, pickup for food provisions is on Mondays and Thursdays, 12pm-2pm.** Come by this is a drive through pick up so people are not congregated passing germs.

Please if you have extra supplies please consider dropping off what you don't need. We have people in our community that are in need of toilet paper, cleaning supplies, as well as food.

**\*Volunteers are needed. Contact Stacey Hartford on our FB messenger - First United Methodist Church of Hudson MA or text to 978-601-2494.**



## FOOD DELIVERIES

- **Stevie's Back Road Café & Catering (978) 310-7051**

577 Main Street Hudson MA (available for pick up or delivery. )

They have a special menu listed on their facebook page or call. Stevie's has great hot meals for \$5.00 and will deliver to Senior citizens at no extra costs.

- **The Portuguese Club in Hudson (978) 567-1929**

13 Port St, Hudson, MA 01749

If you order food from the Portuguese Club they will deliver to senior citizens at no extra costs. Please visit their website for delicious menus: [www.hudsonportugueseclub.org](http://www.hudsonportugueseclub.org)

- **[Discoverhudson.org](http://Discoverhudson.org)** has a list of other local restaurants providing takeout and delivery.

- **Heart to Home Meals**

### Delicious & Delivered Meals made for Senior Citizens

Delicious frozen meals with 140 choices (breakfast, lunch and dinner) you can easily heat up. Ordering is simple. You can order for a week or more and food will be delivered to you on Tuesdays or Thursdays in Hudson. To view food options please visit [hearttohomemeals.com](http://hearttohomemeals.com) or call 508-630-5671.

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## CAREGIVER SUPPORT



Caregiving during the Crisis: Time with Tammy

**This offering is specifically designed to support and educate family caregivers**

**Sign-up today to participate in these FREE video call conversations with  
Dementia Specialist, Tammy Pozerycki**

Join us each week for the following one-hour supportive and educational programs:

- **Friday, April 10<sup>th</sup>, 2020, 1pm to 2pm - *Feelings and Communication***
- **Thursday, April 16<sup>th</sup>, 2020, 9am to 10am - *Daily Structure and Routine***
- **Tuesday, April 21<sup>st</sup>, 2020, 10am to 11am - *Creating Purposeful Engagement***
- **Monday, April 27<sup>th</sup>, 2020, 1pm to 2pm - *Challenges Providing Personal Care***

**Please Contact Tammy to Sign-up at: [tammy@altalz.com](mailto:tammy@altalz.com)**

### **Virtual Caregiver Support Group**

Mondays, 5:30pm - 6:30pm

Please contact Regina at: [regina@betterdayprogram.org](mailto:regina@betterdayprogram.org) if you would like to join.

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## MA Tax-Aide

As a reminder, all Tax-Aide services are still suspended; we will let everyone know if/when that changes.

The Massachusetts Department of Revenue just extended the Personal Income Tax deadline. Here's what it says on the [DOR website](#):

### **Personal Income Tax deadline extended**

Personal income tax returns and payments due April 15, 2020 will now be due July 15, 2020.

## **EXTENSION OF MOTOR VEHICLE REGISTRATION RENEWAL DEADLINES**

The Massachusetts Registry of Motor Vehicles (RMV) is continuing to take several important steps following Governor Charlie Baker's declaration of a State of Emergency on March 10, and to complement the work that has been underway for weeks across state government to keep residents safe and healthy.

\* Due to the current COVID-19 pandemic, 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 is available by appointment only. Customers should visit Mass.Gov/RMV<<https://mass.us18.list-manage.com/track/click?u=b77b38ab94fd1bd6dbbd39035&id=25ea30fdbd4&e=37f69e1c45>> to make a reservation at an open Service Center or find information on over 40 transactions that can be conducted online, by phone, or by mail.

\* All Driver's Licenses, ID cards, and Learner's Permits, including Commercial Licenses and Permits that have expired or are expiring between March 1, 2020 and April 30, 2020, have had a 60-day extension applied to the current expiration date and do not need to be renewed at this time. This does not apply to customers whose end of stay in the United States is the same as the expiration date on their Driver's License, ID card, or Learner's Permit.

\* The annual motor vehicle and emissions inspection stickers that expire on March 31 and April 30 have been extended 60 days and all motorcycle inspection stickers originally set to expire on May 31 must be inspected by June 30. The RMV is also extending the time during which newly registered vehicles must be inspected based on the purchase date.

Effective April 1, 2020, all passenger and dealer plate registrations that expired in March and passenger plates that are 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://mass.us18.list-manage.com/track/click?u=b77b38ab94fd1bd6dbbd39035&id=e56bab9d6&e=37f69e1c45>>.

### **When will REAL ID be enforced?**

The enforcement date is now October 1, 2021.

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## **SCAMS**

Throughout the country, U.S. Attorneys' Offices have received reports of individuals and businesses engaging in a wide range of fraudulent and criminal behavior, including the following examples:

- Robocalls making fraudulent offers to sell respiratory masks with no intent of delivery;
- Social media scams fraudulently seeking donations or claiming to provide stimulus funds if the recipient enters his or her bank account information;
- Sales of counterfeit or fake testing kits, cures, 'immunity' pills, and protective equipment;
- Fraudulent offers for free COVID-19 testing to obtain Medicare beneficiary information that is used to submit false medical claims for unrelated, unnecessary, or fictitious testing or services.
- Seeking donations fraudulently for illegitimate or non-existent charitable organizations.
- Medical providers obtaining patient information for COVID-19 testing and then using that information to fraudulently bill for other tests and procedures.

**Remember: Never give your Medicare number, Bank card or Account information to someone you don't know.**