

Town Of Hudson
Council on Aging
Multi-Service Center
29 Church St.
Hudson, MA



Hudson Senior Center

Non-Profit Organization
U.S. Postage
PAID
Hudson, MA 01749
Permit #55

November

2024

Hudson Council on Aging
A Multi-Service Center

Open Monday through Friday - 8:00am to 3:30pm

(978) 568-9638 (978) 568-9639 (978) 568-9647 Fax (978) 567-0946

Social Services:

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as Springwell Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

Senior Center Staff:

- Janice Long, Director (ext 470)
- Virginia Figueiredo, Administrative Secretary (ext.471)
- Holly Richardson, Social Service Advocate (ext 475)
- Ana Terra-Salomão, Bilingual Social Service Advocate (ext 476)
- Lennie Bowen, Full Time Bus Driver
- John Wesinger, Part-time Bus Driver

Social Activities:

Fitness classes, Chair Yoga, Stress Reduction, Parkinson's Exercise, Chair & Mat Pilates, Walking Club, Stretch Break Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Group, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Bingo and much more.

Members of the Council on Aging Board:

- Charles Corley - Chair 978-568-8840
- Diane Durand- Vice Chair - 978-621-9665
- Janet Saluk - Secretary -- 978-618-7124
- Nina Smith - Treasurer - 978-562-3077
- Trish Desmond - 978-562-2492
- John Gill – 978-568-1107
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438

Meetings:

The Council on Aging Board –2nd Wednesday of each month at 1:00pm

The Friends of Hudson Seniors - 2nd Tuesday of each month at 9:30am

Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.

November 2024 STATE REP. KATE HOGAN'S SENIOR NEWS



Massachusetts Legislature Passes the HERO Act

This session, the Massachusetts Legislature passed *An Act Honoring, Empowering and Recognizing our Service Members and Veterans* (HERO Act).

This bill is the most recent legislation that Massachusetts has enacted to demonstrate our commitment to the brave individuals who serve and sacrifice for our country. This legislation includes spending and policy initiatives, tax credits, and statute changes to expand benefits, modernize Veterans services, and promote inclusivity and greater representation. The HERO Act expands benefits for Veterans by:

- Increasing the annuity paid to disabled veterans from \$2,000 per year to \$2,500 per year
- Creating a new behavioral health assistance benefit to help veterans access outpatient mental health care
- More easily allowing veterans to count their military service toward state retirement benefits by increasing the active duty service buyback program from 180 days to 10 years
- Increasing to \$2,500 a tax credit for small businesses hiring chronically unemployed or low-income veterans
- Ensuring that veterans receiving federal benefits do not lose access to Chapter 115 benefits because of cost-of-living-adjustment (COLA) increases to existing benefits
- Ensuring disabled veterans can use the Purple Heart specialty license plate for sales tax exemptions
- Requiring public school districts to provide support services to military-connected students when a parent or guardian is called to active duty
- Creating a Military Family Advocacy Program to protect against child abuse on military installations

The HERO Act promotes inclusivity by:

- Updating the Chapter 115 definition of a veteran to expand eligibility so that Massachusetts is better aligned with federal policy and more veterans are eligible for annuities, benefits, and access to the Massachusetts Veterans Homes; it will also update the definition of a veteran dependent to align with the standard definition of a dependent used by the Probate and Family Court; and
- Expanding the scope of the Veterans Equality Review Board to include discharges related to Military Sexual Trauma, PTSD, TBI, mental health conditions, or HIV

The HERO Act also modernizes Massachusetts services to Veterans and codifies medical and dental benefits and the proper care of Veterans cemeteries. It initiates the study of alternative therapies to treat Veterans mental health disorders and establishes new requirements for honoring our Veterans. For more information, contact the Executive Office of Veterans' Services at (617) 210-5480.

I'm ever grateful to our Veterans and proud to represent a state that leads the nation in the quality of services and benefits offered to our Veterans and their families.

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: November 8, 12–1 pm at the Pompositticut Community Center, Stow

Hello to Everyone,



We have a lot going on in November!

Our Friends' Annual Fair will take place **Saturday, November 2nd**, starting at 9am until 2pm at our Senior Center. Friends Officers, Friends members and volunteers have worked very hard to make this event a big success! Please stop by and see all the beautiful crafts, quilts, knitted items, baked goods, afghans and raffles for a handmade king size quilt and a \$500.00 gift card! Beautiful baskets and handmade crafts to brighten any home, a tarot card reader and much more. We will also have sandwiches, chips, clam chowder, corn chowder, chili, drinks and dessert at lunchtime. You won't want to miss this fun event!

This is also a special time of year that we show our gratitude for the service of many Veterans. We appreciate what they have done for us and our country. The Hudson Senior Center is offering, for Veterans only, a **FREE Breakfast Buffet** at the Assabet Technical High School's Epicurean Room on Thursday, November 14th from 9:30am until 11:00am. Please call 978- 568 9638 to make your reservation.

Thanksgiving is my favorite holiday. Thanksgiving is a time to be thankful for all that we have. It is a time for families and friends to gather, socialize and enjoy each other's company. Mr. George Danis from Plastic Molding Manufacturing, in Hudson, has a special place in his heart for Hudson seniors and is offering them another Thanksgiving meal. This marks his 14th year in a row providing this delicious meal for many. We are grateful for his generosity and kindness. Please read the special write up about Mr. Danis and his Thanksgiving meal in this newsletter.

Lastly, let's not forget this is Medicare Open Enrollment Period. Our Senior Center is fortunate to have 3 full time SHINE Counselors to help Medicare beneficiaries review their health and prescription drug plans for next year. As you can imagine we are very busy during Medicare Open Enrollment and we appreciate your patience.

I hope everyone has a fun and happy Thanksgiving with family and friends.

Thank you ~ Janice

Reminder: The Senior Center is CLOSED on Monday, November 11th for Veterans Day and Thursday, November 28th & Friday, November 29th for Thanksgiving

FROM OUR VETERANS AGENT BRIAN STEARNS...

Hudson's Annual Veterans Day Parade

Please join us on Monday November 11th, at 9:30am as we assemble at AMVETS Post 208 and march in Hudson's Annual Veterans Day Parade. The parade takes us from AMVETS at 5 South Street to Liberty Park. The ceremonies will follow at Liberty Park. If you have any questions please call Brian Stearns at 978-568-9635.



Veterans Day Breakfast

Thursday, November 14th at 9:30 am (Veterans only)

In honor of Veterans Day

The Hudson Senior Center will sponsor a FREE Veterans Breakfast at the Epicurean Room at Assabet Technical High School.

Breakfast includes; omelet station, waffle station made to order eggs, home fries, bacon and sausage and fruit. (Limited to 40 Veterans).

You must sign up for this; please call 978-568-9638 for your reservation.



A Thanksgiving meal...

Grab and Go style

For the 14th year, our friends George E. Danis and Plastic Molding Manufacturing are providing another Thanksgiving Meal for Hudson Seniors catered by Buffet Way.



Grab and Go Meal on Friday, November 15th

Pick up between 1:30pm -2pm

Each individual dinner includes: White & dark turkey, stuffing, squash, mashed potato, gravy, and 8oz apple crisp for dessert. (150 person maximum)

Sign-ups begin on Wednesday, November 6th



Left Center Right Dice Game with Diane Durand

Friday, November 15th at 1:00 pm – 2:00 pm

Left Center right is a dice game of luck and strategy. The senior center will provide snacks, but you could bring your own as well. **Please call to sign up for this so we know how many people will attend. Thank you**

Hiking Day at Wachusett Reservoir

Monday, November 18th at 9:30 am

Meet at parking lot right after Tahanto school on Route 70 in Boylston

Bring walking sticks and appropriate attire. Call to sign up!



Trusts and Annual Gifting with Attorney Christine Boutin

Tuesday, November 19th at 11:30 am

Thinking about trusts? Revocable or irrevocable, asset protection, tax protection or probate avoidance? And what about annual gifting rules? Attorney Christine Boutin of Mirick O'Connell will explain the basics of commonly used trusts and their potential benefits to you, plus tips about annual gifting to family. Bring your questions!! Call to sign up.



Holiday Craft

Monday, December 9th at 10am at the Senior Center

A beautiful Holiday decoration to brighten your home

Tina from Bemis Farms will be on hand to instruct

Cost to you is \$10.00. You must sign up for this craft.

Worcester Men of Song; a Holiday Performance at the Hudson Senior Center

Wednesday, December 12th at 7pm -8pm

Doors will open at 6:30 pm

Join us for a wonderful Holiday performance by the Worcester Men of Song as they sing our favorite holiday songs in perfect harmony. They sing as a group of over 20 men and in individual quartets. This will surely get you in the holiday spirit.

Light refreshments will be served. Cost to you is \$5.00.

Tickets available in person beginning Wednesday, November 20th





**Holiday Luncheon, Buffet –Style,
at Assabet's Epicurean Room Wednesday December 18th
Starting at 11:30am. Cost to you is \$10.00**



Buffet Menu is: Bread, salad, chicken francese, haddock florentine, roasted vegetables, roasted potatoes and chef's choice for dessert. Limited to 75 people.

Tickets available in person beginning Wednesday, December 4th



15-minute Legal Advice with Christine Boutin

Tuesday, November 19th from 9:30am-11:00am

Attorney Boutin will be available for private 15-minute sessions one Tuesday a month by appointment only. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk.

Nursing/Blood Pressure Clinic on Thursdays. All weeks now at 9:30am



- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 9:30am to 11am
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th Thursday with Janet 9:30am- 11am

Medical Equipment Lending Program



For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability. The Senior Center also has a variety of incontinence pads/underwear that have been donated. Please call the center to **check on availability** 978-568-9638.

WestRidge Cares has been kind enough to offer help to Hudson seniors who are struggling with the cost of pet supplies. Animals provide companionship and love to their owners and want to provide the best care to their animals. For some, it is difficult to pay for food and pet supplies. Petco gift cards will be donated to the senior center for seniors in need. If you or another senior you know is struggling to meet their animals' need, please call Alex O'Hare to complete eligibility screening.



**DayBreak at the Hudson, Northborough and Marlborough Senior Centers
A Social Day Program Providing Respite for Caregivers**

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by Springwell Elder Services.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.

Please contact Lisa Bazarian Gardner at 978-568-9638

Or email at lbbazarian@gmail.com for more information.

“Movie Day” at the Center



Here is the listing for the movie in November. **Due to the limited space for each viewing, you must sign up by calling 978-568-9638.** Come and join us at 12:30pm for the following movies:

Monday, November 18th & Tuesday, November 19th – Someone Like You



Based on the popular novel by #1 NY Times Bestselling author Karen Kingsbury, *Someone Like You* is an achingly beautiful redemptive love story. Shocking news hits after young architect Dawson Gage loses his best friend, London Quinn. Now in his heartbreak, Dawson is compelled to launch an impossible search for London's secret twin sister, twins separated as embryos. But along the way, Dawson never planned to fall in love.

Rating: PG Runtime: 1hr 58min



Monthly Support Groups at the Senior Center

Led by Alex O'Hare, Community Social Worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

❖ Bereavement Group

Monday, November 4th & November 18th at 1pm

❖ Caregivers Support Group

Thursday, November 7th & November 21st at 1pm

Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order

Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)

Wednesday, November 6th

Cold Menu: Tuna salad, potato salad and spinach w/ mandarin orange salad

Hot Menu: Black bean & barley chili and brussel sprouts

Thursday, November 7th

Cold Menu: Chicken salad, quinoa tabbouleh salad and beet salad

Hot Menu: Chicken w/ cranberry sauce, mashed sweet potatoes

Wednesday, November 13th

Cold Menu: Tuna salad, potato, squash, zucchini and red onion salad

Hot Menu: Chicken souvlaki, over buttered orzo and spinach

Thursday, November 14th

Cold Menu: Egg salad, root vegetable salad and macaroni salad

Hot Menu: Roast turkey w/gravy, stuffing, mashed potatoes and glazed carrots

Wednesday, November 20th

Cold Menu: Roast beef, provolone, garden shell past salad and root vegetable salad

Hot Menu: chicken w/ saute vegetables, jasmine coconut rice and spinach

Thursday, November 21st

Cold Menu: Turkey, swiss cheese, potato salad, squash zucchini and red onion salad

Hot Menu: Potato crunch pollock, quinoa pilaf and Scandinavian vegetables

Wednesday, November 27th

Cold Menu: Egg salad, 3 bean salad, spinach & mandarin and orange salad

Hot Menu: Macaroni & cheese, broccoli & cauliflower

Suggested Voluntary Donation of \$3

Menu is subject to change



Hudson Senior Center Trips 2024

Sunny Portugal Departing November 9, 2025



Lisbon, Alentejo, Algarve & Portuguese Riviera

with optional 4-Night Madeira Island Post Tour Extension

Highlights....Lisbon • Choice on Tour: “Calçadas” Walking Tour or “The Way of the

Cod” Tour • Belem • Cork Factory • Evora Alentejo • Lagos • Algarve • Portimão •

Setúbal • Portuguese Riviera • Obidos • Sintra • Choice on Tour: National Palace of Sintra or

Walking Tour • UNESCO World Heritage Sites

10 Days • 13 Meals: 8 Breakfasts • 2 Lunches • 3 Dinners

Per Person Rates: Double \$3,799; Single \$4,299

Included in Price: Roundtrip Airfare, Hotel, Miscellaneous, \$200 Offer (Air Booking Bonus BOS - (Dollar amount per person)), Air Taxes, Hotel Transfers. Not included in price: Insurance (\$549.00)

Canyon Country featuring Arizona & Utah Departing April 17, 2026



Highlights....Scottsdale • Kaibab National Forest • Grand Canyon • Choice on Tour:

Rafting on Horseshoe Bend or Rainbow Bridge Tour Bryce Canyon National Park •

Zion National Park • Las Vegas

8 Days • 11 Meals: 6 Breakfasts • 2 Lunches • 3 Dinners.

Per Person Rates: Double \$3,999; Single \$4,999; Triple \$3,949

Included in Price: Roundtrip Airfare, Attraction, Miscellaneous, \$50 Offer (Air Booking Bonus BOS- (Dollar amount per person)), Air Taxes, Hotel Transfers. Not included in price: Insurance (\$429.00)

Informational flyers available at the front desk

Wednesday, December 4th

Kenny & Dolly: A Smokey Mountain Christmas

“A Smoky Mountain Christmas”, starring Wendy T and Dave Karl recreates the magic of Country Music’s Favorite Couple - Kenny Rogers and Dolly Parton. This incredible show recreates their incredible - Once Upon A Christmas Album and their subsequent CBS special in 1984 titled Kenny & Dolly: A Christmas to Remember. Of course, no show would be completed without the full list of their greatest hits such as: The Gambler, Lady, Lucille, We’ve Got Tonight, Jolene, 9 to 5, I Will Always Love You, Coat of Many Colors, Islands in the Stream, and so many more. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken parmesan or eggplant rollatini Also served with salad, potato, veggie, dessert and coffee/tea. No refunds for cancellations received after 10/31/24. No refunds for cancellations received after 10/10/24 **Payment due Price: \$129.00pp**

Information flyers available at the senior center. All trips depart from Riverside Parking lot on Chapin Rd in Hudson. Prices do NOT include driver gratuity.

More 2025 Trips coming soon!



Message from the Friends...

Next Friends Meeting: Tuesday, November 12th at 9:30am

The Friends' annual Fall Fair is taking place on Saturday, November 2nd from 9am-2pm. We are thankful to all of our volunteers who have helped to make this day such a success in the past! This year will be no exception-we will need volunteers to help prior to and during the Fair. A Volunteer sign-up sheet will be available in the lobby starting in September. please consider helping the Friends make this year's Fair a success! If you're unable to volunteer at the Fair, the Friends have various other opportunities throughout the year. Simply add your name to the volunteer sign-up sheet, and the Friends will reach out to you. Thank you for your support!

The Friends are having great success in expanding the Gift Shop with additional hours and items for sale, all with the help of our volunteers!

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.



Fall Fair Saturday, Nov 2nd, 9am – 2pm at the Hudson Senior Center



Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items, Holiday items, raffle baskets, Raffles, Tarot card readings, baked goods, lunch and much more!

Transportation News...



Food Shopping Days Food shopping days are Tuesdays and Thursdays for all Hudson seniors.



Tuesdays & Thursdays

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaw's or Walmart: pick-ups beginning at 10am
- Stop and Shop, Shaw's or **Target**: pick-ups beginning at 10am
(**Target: November 7th...1st Thursday of the Month only!**)

Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments.
Seatbelts must be worn on the bus

Senior Center Bus Policy Review... PLEASE READ!

The Senior Center Bus is a Shared Form of Transportation. We try to accommodate as many people as possible to their appointments. There are times when we have up to five people needing transportation to different locations all at the same time. In this type of situation, we need to group the riders which would mean an earlier pick up for everyone in order to get you all to your destinations. Please note we are NOT a TAXI service. Per our Bus Policy, we have asked that **everyone please be ready *an hour before your appointment time*** in the event that we need to call you for an earlier pick up. You may also have to wait a while for your return trip home. That is how a Shared Form of Transportation works. Also, **we will no longer accept requests for nail and hair appointments on Wednesdays and Thursdays.**

Fitness Classes



****Sharon's Stretch class is back beginning in November****

In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. *Cost: \$10/month***
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am - *No charge***
- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – *Cost: \$10/month***
- **Mat Pilates with Jennifer: Thursdays at 9:00am - *Cost: \$10/month***

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance. Must complete Chair pilates before enrolling in this class.

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class Thursdays at 1pm - *Cost: no charge***

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

- **Mat-based Yoga w/ Sharon: Fridays at 8:30am – *Cost: \$10/month***
- **Beginners Line Dancing Class - Fridays 10:00am *Cost is \$10.00/month***
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11am *Cost is \$10/month***



Online Zoom fitness classes:

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**

This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*

- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. *Cost: \$10/month***
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. *Cost: \$10/mo***
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - *No charge***
- **Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- *No charge***
(No class November 5th)



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, November 20th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.
Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

Do you have an unfinished craft project that you would like to see completed? Bring it with you and work on it in a creative environment with a lot of laughter thrown in.

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

These ladies work wonders with all kinds of yarn.
Come share your talent and ideas with them.

2nd Floor - Craft Room

Memoir Group

**Friday, November 1st/ No class in Dec.
from 1-3pm**

We have a writing group that meets at our center select Fridays. Walk-ins are also welcome to join this group and perfect your writing skills

Open Painting Studio

Tuesdays 10:00-12:00pm

No teacher, but creative artists, willing to support others and work in different mediums of painting.

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 9:00am

Hudson Silver Threads are a wonderful group of women who are fun, friendly and creative.

2nd Floor - Craft Room

Senior Center Lending Library

Donations made to our Library are appreciated
with Copyright date no earlier than 2015.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:15- 3pm

Chess

Tuesdays 1:00pm

Cribbage

Monday – Friday 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm



Billiard Room

Monday – Friday 8:30-3:30pm

2 tables available

Scrabble

Fridays 12:15pm



Gift Shoppe

**Open: Mondays, Tuesday,
Thursdays & Fridays
9:30am - 12:30pm**

Wednesdays 10am-1pm

Looking for Crafts and Handmade items for the
Gift Shoppe.

Please Stop by and see the new changes
being made to the Gift Shop!

OUTREACH

HOLLY RICHARDSON

Medicare Open Enrollment!



There are extremely limited appointments still available.

The Medicare Open Enrollment pre-enrollment form is now included at the end of our newsletter. This should be filled out by you (if possible) to give us, as SHINE counselors, with your updated insurance information. We would appreciate you filling this out as best you can to make sure we have your updated list of doctors, medications, and any other pertinent information. If you are unable to fill this form out, PLEASE bring an updated medication drug list with you. Without your updated drug list, it may be impossible to complete our appointment, and would require a second appointment with this information.

As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. You can have this reviewed and can change your plan for 2025 during the Open Enrollment Period, which is October 15 until December 7, 2024. During this time, we not only review your plan changes and options, but we also use this time to re-screen you for any assistance programs you may be eligible for. I know I told a lot of people last year to contact me about the new Medicare Savings Programs and their new income/assets limits, and the OEP would be a great time to address this and determine possible eligibility! If you would like to sign up to meet with a SHINE counselor during the Open Enrollment period, contact the Hudson Senior Center at 978-568-9638 for an appointment. You can also complete the Pre-Enrollment form and bring it to the Senior Center, and a SHINE counselor will be in contact with you to schedule an appointment.

We have a feeling that this year may bring a lot of changes!

SMOC:

Good news!! SMOC has begun sending out fuel application recerts. They are doing this in rounds, and a few of you have already received them! If you have gotten yours in the mail and would like assistance with filling it out, contact the Senior Center for an appointment.

4	7	9	1	3	2	6	8	5
1	6	2	5	9	8	7	3	4
5	3	8	7	6	4	2	1	9
8	9	1	2	5	6	4	7	3
3	4	5	8	7	1	9	2	6
7	2	6	3	4	9	8	5	1
6	8	7	9	1	5	3	4	2
9	1	3	4	2	7	5	6	8
2	5	4	6	8	3	1	9	7

Answer key to Sudoku
puzzles

1	6	3	8	7	2	5	4	9
5	2	7	6	9	4	8	3	1
8	9	4	5	1	3	6	7	2
7	3	8	9	2	6	4	1	5
2	4	9	1	5	8	7	6	3
6	5	1	3	4	7	9	2	8
9	1	6	7	3	5	2	8	4
4	7	5	2	8	1	3	9	6
3	8	2	4	6	9	1	5	7

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.476

MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2024, para ser efectivo no dia 1 de Janeiro de 2025.

Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2024 até o dia 30 de Abril de 2025. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$49,196
2	\$64,333
3	\$79,470

DATAS IMPORTANTES

Dia 2 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson.

Dia 12 de Novembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.

Dia 11 de Novembro – O Senior Center está fechado devido ao feriado do “Veteran’s Day”.

Dia 14 de Novembro – Pequeno Almoço grátis para Veteranos às 9:30 da manhã no Assabet Valley High School. **Este almoço é so para Veteranos. Limitado a 40 pessoas.** Telefone para 978-568-9638 para reservar o seu lugar.

Dia 15 de Novembro – Jantar “Grab and Go” grátis de “Thanksgiving” as 1:30 da tarde. Este jantar é patrocinado pelo “Plastic Molding Manufacturing”. Telefone para 978-568-9638 a partir do dia 6 de Novembro para reservar o seu jantar. Limitado a 150 pessoas.

Dia 19 de Novembro – Consulta grátis com o Advogada Christine Boutin à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 19 de Novembro – Palestra grátis sobre “Trusts and Annual Gifting” com Advogada Christine Boutin às 11:30 da manhã no Hudson Senior Center. Telefone para o Senior Center para reservar o seu lugar.

Dias 28 e 29 de Novembro – O Senior Center estará fechado devido ao feriado do “Thanksgiving”.

NOTE: THIS PAGE IS BEING TRANSLATED FOR NON-ENGLISH SPEAKING SENIORS AND IS THE SAME INFORMATION FOUND IN THE NEWSLETTER FOR ALL SENIORS!

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	6	2	5	9			3	
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Veterans Day


Word Search

Q	Q	U	V	C	Y	E	E	S	M	M	K	P	K	H	I	J	X	Y	L	R
R	Y	G	Q	N	T	T	U	O	S	T	L	E	C	I	F	I	R	C	A	S
E	Y	G	K	K	A	L	U	E	Y	H	A	O	W	D	D	V	E	F	D	O
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M	N	Y	X	L	T	X	Y	N	I	N	E	J	L	Q	S	M	X	V	C	P
E	U	R	D	V	C	E	R	V	N	K	M	D	S	U	M	Z	Q	P	R	C
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N	R	I	Q	K	Q	O	U	J	T	F	T	P	Y	F	D	E	Q	L	T	N
W	V	L	D	P	R	O	N	O	H	H	E	E	A	J	A	I	X	I	Z	D
Z	X	I	E	F	J	F	I	Z	A	L	P	C	K	L	R	U	J	O	D	K
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AIR FORCE
AMERICAN
ARMISTICE
BRAVE
COURAGE
DUTY
HERO
HONOR
MARINE

MEDAL
MEMORIAL
MILITARY
NAVY
NOVEMBER
PARADE
PATRIOT
PEACE
PRIDE

SACRIFICE
SERVICE
SOLDIERS
THANKS
TRIBUTE
VETERANS

Monday	Tuesday	Wednesday	Thursday	Friday
				08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Memoir Workshop
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 10:00a Thanksgiving Craft 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 09:30a Vets Breakfast 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game 01:30p Thanksgiving Dinner
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Hiking Trip 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:30a Trusts and Gifting 12:30p Movie Day 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
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SHINE Pre-Enrollment Information Sheet

Please print

Name: _____

Date: _____

Address: _____ Zip code: _____

Phone: _____

Date of Birth: _____

Your current medical insurance coverage:

Coverage	Name of plan/effective date	Monthly or quarterly cost
Medicare Part A	Effective:	
Medicare Part B	Effective:	
Medicare Advantage Plan	Name:	
Medigap or Supplement	Name:	
Medicare Part D	Name:	
Retiree or union coverage Is prescription coverage included? Y/N Has it been determined as good as Part D (creditable)? Y/N	Name:	

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program?)

Yes **No**

Do you receive "Extra Help" for your prescriptions (LIS)?

Yes **No**

Are you enrolled in Mass Health?

Yes **No**

Do you wish to use mail order service for prescriptions?

Yes **No**

If you use a particular pharmacy, please provide the pharmacy's name and address:

Name of Primary Care Physician: _____

Name of Specialist: _____

Please list your current medications below
Use additional paper if necessary
Do not list over-the-counter drugs (e.g., vitamins)
Print clearly

Drug Name (as written on bottle)	Drug Strength/Dose per Day Example: 50 mg/1x a day

To have SHINE assist you in finding the most affordable plan for you, complete and return to:
Hudson Senior Center 29 Church St. Hudson MA 01749