

SENIOR NOTES

Belmont Council on Aging

266 Beech Street, Belmont, MA 02478

Monday - Friday 8 a.m. - 4 p.m.

(617) 993-2970

www.BeechStreetCenter.org

March 2022

FRONT DESK

617-993-2970

Nava Niv-Vogel

Director, 617-993-2975
NNivVogel@belmont-ma.gov

Dana Bickelman

Assistant Director
617-993-2977

Dbickelman@belmont-ma.gov

Marie Poore

Volunteer Coordinator
617-993-2979

MPoore@belmont-ma.gov

J.R. Amdur, LICSW

Social Worker, 617-993-2983

TRANSPORTATION

617-993-2980

Martin Cloherty

Transportation Coordinator
mcloherty@belmont-ma.gov

Diane Corsino

Administrative Assistant

Dorothy Boyle

Administrative Assistant

Richard Berger

Tech Sharing Facilitator

Roy Elliott

Lead Custodian

**NEW!! PROGRAM AND
EVENT LINE**

617-993-2976

HOME DELIVERED MEALS

617-926-4100

Please do not send confidential information in e-mails.

E-mails to and from the Council on Aging and its staff become public records!

It is hard to believe that we are approaching the second anniversary of the covid related shutdown in March 2020. It's been such a trying time in so many ways. I wish to take this moment to thank all of you for your patience as we had to change the way we deliver services during these past two years. These changes caused disruptions at times. Each time we changed the manner of program or service delivery, significant communication efforts were required. Even with those efforts, some moments may still have left some unclear about what changes were made. As of this writing (mid-February), there has been a sharp decline in covid cases in the Commonwealth, and, as a result, the governor has declared that masks for schools will no longer be mandatory. Please note that any state announcements about the easing of restrictions do not automatically mean that the mask mandate in Belmont is lifted. If and when that happens, we will be sure to notify you. In the meantime, we ask that you continue to adhere to this mandate and to wear your mask correctly (sealed over the nose and the chin) indoors. There are many seniors who feel unsafe and uncomfortable when they see others not wearing their masks properly. As of this writing many municipalities are planning to re-evaluate continuation of their mask mandates. Belmont may do the same. However, the mask mandate is currently in effect and therefore, participants must wear masks in the building just as you've done all along. If and when the mask mandate changes we will be sure to inform you of the Town's decision. It is also essential to be aware of how much we can do now that we have vaccines, testing kits, better masks, and much better medical treatments than when the pandemic began. We have also learned a great deal about how the virus is transmitted and do not have to be as worried about getting infected from simple contact with objects.

We have some other positive news to report. We will be extending our medical taxi cab service, thanks to the generosity of the Friends and several anonymous donors. Please note that you may make an appointment for such a ride only if you can't find another way to get to your destination *and* if our vehicles do not drive there. The number of rides per person is limited to 3 a year. If the ride you seek meets these criteria, you may call our transportation service for a ride.

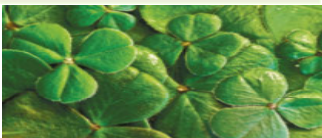
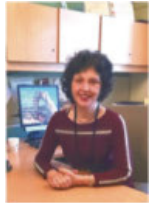
The Town Administrator fully accepted the FY'23 budget that I have prepared for the Town. That means that TA Patrice Garvin made no recommended cuts to our budget. This budget includes a new, temporary social worker position paid for by the federal covid funds. If Town Meeting approves the budget, that social worker could be hired by July 1.

Please note that we are still taking applications for the Parking Permits. For only \$5 a year, you can access all municipal parking lots and metered spots in Town. The permit comes in handy, particularly in the winter months, when getting to the meter or parking kiosk can be difficult.

Let me also take this opportunity to respond to a concern raised by a member, namely, the change in job title for Kim Sliney. We have been fortunate that the company, Operation A.B.L.E., is funding her work at the center. We recently conferred upon her the title of administrative assistant because she does so much more than take meal reservations. Kim has become indispensable to our staffing team, and she does a great job! We are particularly grateful to her and Operation A.B.L.E. because we would not be able to run the breakfast and lunch program without the labor she provides. The C.O.A. runs on a very lean budget. We only have four full-time Town paid staff members and five very part-time paid staff members for all the programs and services we manage. That's why any drop in staffing coverage can impact our ability to deliver on programs and services. Grants fund other part-time staff, and of course, we are indebted to all our wonderful volunteers for the invaluable amount of service they provide as well.

We are inching towards spring and hope that the lion in March gets replaced by the lamb early on! We look forward to seeing you at the center or hearing from you if you do not feel comfortable yet coming in.

Nava



BEECH STREET CENTER REMINDERS

Masking at the Beech Street Center

Per the Town of Belmont, masks are required to be worn at all times while you're in the building unless you are actively eating or drinking. Please help us stop the spread!



BEECH STREET CENTER BREAKFAST

We're so thankful to The Diner at 11 North Beacon in Watertown for helping us continue this successful program. Breakfast includes a one-egg bagel and cheese breakfast sandwich along with sweet potato hash. Breakfast is offered as PICK-UP ONLY and is between 8:45 AM and 10 AM. Advanced registration is required. For more information or to start receiving breakfast, please call 617-993-2976 as well. So as to avoid waste call us if you need to cancel a meal.



Parking Permits for Belmont Seniors



Registration and RENEWALS for parking permits continue to be available to all seniors over 65. For \$5, seniors will be able to park for free at any of the metered spots and municipal parking lots of the Town for 2 hours each trip. To apply, please call 617-993-2978. Appointments for parking permits are required.

COMMUNITY TEAMWORK FUEL ASSISTANCE FAMILY SIZE MAXIMUM ANNUAL GROSS INCOME

| | |
|---|-----------|
| 1 | \$40,951 |
| 2 | \$53,551 |
| 3 | \$66,151 |
| 4 | \$78,751 |
| 5 | \$91,351 |
| 6 | \$103,951 |

Fuel Assistance can pay part of your winter heating bills. You can rent or own your home. If your heat is included in your rent, you may also qualify. If eligible, please call our social work intern Rachel Garrity, at 857-702-9839 or 617-993-2986.



AARP TAX PREPARATION APPOINTMENTS

AARP Tax Preparation appointments will be offered this year from February 7th until April 12th barring further COVID restrictions. We will follow all CDC, Belmont Board of Health, and Beech St Center guidelines. Please contact our main line at 617-993-2970 if you're interested or for further information.



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Each Visiting Angels agency is independently owned & operated.

EXERCISE, FITNESS, AND WELLBEING

Drop-In Bereavement Group

The pandemic has put an added strain on all of us. We are experiencing more loss and grief with seemingly nowhere to turn. Consider meeting with others who have experienced a recent or distant death or loss in a casual and supportive environment. Our Bereavement Drop-In will meet Tuesday, March 8. The in-person gathering will take place at the Beech St. Center from 1:00 to 2:00 pm. The virtual zoom gathering will take place from 5:00 to 6:00 pm. For the zoom session, please submit your e-mail address to Dana to receive the zoom connection.

Parkinson's Caregiver Support Group

If you have a partner with Parkinson's, they may have many sources of support, including you!.... But where is the support for you? A small group of us who are family caregivers of people living with Parkinson's would like to plan ways to support one another and invite you meet at the Beech Street Center. Partners can share ideas, support, and experiences in dealing with this illness. Please join us on Thursday, March 3 at 2 p.m. Call to register at 617 993 2970.

Therapeutic Arts Group: Thursdays @ 11 am

Looking for a form of stress relief? Eager to get creative and connect with others? Join us in the art studio as we create and play with various art materials such as; collaging, watercolors, acrylics, pastels, and more. We will experiment with various techniques and styles to explore the many themes of the self, community, and our connection to the natural world. All materials will be provided, and there is absolutely no need for any previous experience with the arts. Please call our main desk at 617-993-2970 for more information and how to join.

ONLINE Caregiver Support Group

Caregiving for an elder loved one can be stressful, whether the loved one lives at home or far away from the caregiver. The COA is happy to announce that we will be offering a monthly caregiver support group. The next meeting will be online on Tuesday, March 8 at 2 p.m. at Led by our social work intern, Ms. Rachel Garrity; this group will provide caregivers with an opportunity to share their personal experiences with others who have similar responsibilities. Participants will benefit from mutual support and by sharing helpful tips. Call Rachel's Google voice number at 857-702-9839 to sign up and receive the link.

In-person and Virtual Fitness Classes

In-door Strength and Flexibility with Susan Barbato Mondays from 1:30-3PM. Mar.14-Apr.18
Cost:\$27

CHAIR YOGA with CAROL Monday via Zoom 12:30 PM Feb.14-Mar. 28 Cost: \$36

ZUMBA GOLD TUESDAY 12:00 noon Jan. 4-Mar. 22 Cost: \$40

TAI CHI Wednesday 9:30 AM Feb. 23-Mar.30 Cost: \$60

Strength & Flexibility on Zoom Wednesday 11 AM – 12:30 PM Feb.16-Mar.23 Cost: \$27

CORE WORKOUT and STRENGTHENING on Zoom Thursday 10:00 AM Feb.24-Mar.31 Cost: \$50

Power of Posture with Kim Clements Tuesdays from 2-3 p.m. Feb.15-Mar. 22 Cost: \$55.

CHAIR AEROBICS NEW CLASS WITH KIM CLEMENTS STARTS MARCH 17!

We'll start the first 30 minutes with seated movements to snappy tunes to get the heart pumping, followed by weight training and stretching for the second 30 minutes.

A perfect combination of fun, cardiovascular, and strengthening exercises!

THURSDAYS 2:00 - 3:00pm 6 week session for \$36 MARCH 17 - APRIL 21, 2022



SUPPORT OUR ADVERTISERS!



Professional Services

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State Rep. Dave Rogers' Office. Tuesday, Mar. 8 at 9 a.m. at the center

State Senator Will Brownsberger's Office. No meeting in March. If you any questions, please contact Senator Brownsberger's office at (617) 722-1280.

Over the Phone Legal Clinic. New! We're excited to resume our legal clinic with attorney Stephanie Ozahowski from MetroWest Legal Services. Tuesday, Mar.8 from 1-3PM. Please contact 617-993-2977 if you would like to register.

Veterans' Coffee Hour. Friday, Mar.18 at 10:30 a.m.

Notary Public. By Appointment. Please call 617-993-2978.

SHINE Health Insurance Counseling. This service is via telephone. To arrange a call from the SHINE Counselor, please call 617-993-2970 for pre-screening. SHINE is a free service with highly trained, impartial counselors for Medicare beneficiaries and caregivers. Cost: Free.

Computer Topics

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Computer Help

Drop in with questions! Free. Tuesdays, from 10 a.m. to 1:30 p.m. with volunteer Tran Luu



Are you on Facebook? If so, make sure to give the Beech Street Center a like!

OTHER SERVICES

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Fitness Room-Open Monday through Friday. Please call 617-993-2970 or 617-993-2973 for more information about how to join or to schedule appointments. Cost: \$10 per month.



Transportation—Belmont residents over the age of 60 or adults with disabilities are eligible for trips around Belmont and to medical appointments. Reservation required: 617-993-2980. \$2 suggested each way.


- Market Basket: Thursdays, Mar. 3 and 17 8:30 a.m. with 90 minutes to shop.
- Star Market: Monday-Friday with 1 hour to shop.



Friends of Belmont COA Scholarship Program

If you face hardship paying for a class, a Friends of the COA scholarship may be able to help. Please call on Nava Niv-Vogel 617-993-2975 for a confidential meeting to see if you are eligible for discounted or free classes. Scholarships are also available for our fitness room and other programs.

Recurring Events at the Beech Street Center

| EVERY MONDAY | EVERY TUESDAY | EVERY WEDNESDAY | EVERY THURSDAY | EVERY FRIDAY |
|--|--|---|---|---|
| <p>9 Chinese Singing Group</p> <p>9:30 International Phonetics</p> <p>9:30 Knitting</p> <p>10:10 Beginner Chinese</p> <p>12 Lunch</p> <p>12:30 Chair Yoga (VIA ZOOM)</p> <p>1 Social Bridge</p> <p>1:30 Strength and Flexibility</p> | <p>8:30 Star Market</p> <p>9 Informal Tai Chi</p> <p>9 Texas Hold 'em Poker</p> <p>10 Computer Help with Tran Luu</p> <p>10:30 Hot Topics</p> <p>12 Lunch</p> <p>12 Zumba</p> <p>12:30 Chinese Dance</p> <p>1 Mah Jongg</p> <p>2 Power of Posture</p> <p><u>By Appointment</u></p> <ul style="list-style-type: none"> • Notary Public | <p>9 Chinese Culture Class</p> <p>9:30 Tai Chi</p> <p>9:30 Duplicate Bridge</p> <p>11 Strength and Flexibility (VIA ZOOM)</p> <p>12 Lunch</p> <p>1 Scrabble</p> <p>1 Social Painting/ Drawing</p> | <p>9:30 Chinese Dance</p> <p>10 Intermediate Spanish Conversation (VIA ZOOM)</p> <p>10 ESL New Students: \$55, returning students \$35)</p> <p>10 Core Workout (VIA ZOOM)</p> <p>12 Lunch</p> <p>12:30 Chinese Dance</p> <p>1 Hand & Foot Card Game</p> <p>1 Open Art Studio</p> <p>1:15 Bel Aires (singing)</p> <p><u>By Appointment</u></p> <ul style="list-style-type: none"> • Notary Public | <p>8:30 Star Market</p> <p>9:30 International Phonetics</p> <p>9:30 Quilting</p> <p>10 Intermediate and Advanced French Fridays</p> <p>12 Lunch</p> <div style="text-align: center; margin-top: 20px;">  </div> |

IN PERSON AND VIRTUAL PROGRAMS



Iceland and Greenland Travelogue with Ron Rosenstock
Friday, Mar. 4 at 1:15 p.m.

Traveling in Iceland is like going back in time to the beginnings of our planet. Lava fields, live volcanic eruptions, geothermal areas of boiling mud pools, waterfalls, and rainbows. Greenland's fjords are filled with Icebergs making their way out to the open ocean. Ice sculpture is slowly melting and becoming part of the world's oceans. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.

International Women's Day with Wendy Murphy
Tuesday, Mar. 8 at 2 p.m.

The Beech Street Center is pleased to welcome back Wendy Murphy. Wendy will discuss the history of women's rights in America and address little-known reasons why women today remain second-class citizens without fundamental equality or equal rights under the 14th Amendment's Equal Protection Clause. Wendy is an impact litigator whose work in state and federal courts has changed the law to better protect the constitutional and civil rights of victimized women and children. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Page Turners Book Club: Maus I: A Survivor's Tale: My Father Bleeds History by Art Spiegelman
Friday, Mar. 11 at 11 a.m.



A brutally moving work of art—widely hailed as the greatest graphic novel ever written—Maus recounts the chilling experiences of the author's father during the Holocaust, with Jews drawn as wide-eyed mice and Nazis as menacing cats.

Maus is a haunting tale within a tale, weaving the author's account of his tortured relationship with his aging father into an astonishing retelling of one of history's most unspeakable tragedies. It is an unforgettable story of survival and a disarming look at the legacy of trauma. Join this popular group for a book discussion! Call our admin assistant Kim Sliney at 617-993-2976.

Financial Literacy Seminars with East Cambridge Savings Bank
Friday, Mar. 11 at 1:15 p.m.

Thanks to Belmont East Cambridge Savings Bank for reaching out to offer us some important financial literacy seminars. This month, we'll be discussing "Avoiding Scams for Seniors": Review the many types of scams senior citizens often fall victim to in the United States, ways to assess a given situation, help mitigate any potential loss by identifying a scam before it hits them where it hurts, the wallet. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



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March 2022 Calendar of Events, Activities , and Special Programs

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|---|--|--|
| | 1 | 2 | 3 | 4 |
| | 8 | 9 | 10 | 11 |
| 7 | 9AM State Rep Dave Rogers Office (p.4) 1PM Drop-In Bereavement Group (p.3) 1PM Legal Clinic (over the phone by apt.) (p.4) 2PM ONLINE Caregiver Support Group (p.3) 2PM International Women's Day with Wendy Murphy (p.6) | 1:30PM Storytelling Workshop for those Living with Mild Cognitive Impairment (p.10) | 11AM Therapeutic Arts Group(p.3) | 11AM Page Turners Book Club: Maus I: A Survivor's Tale: My Father Bleeds History by Art Spiegelman (p.6) 1:15PM Financial Literacy Seminars with East Cambridge Savings Bank(p.6) |
| 14 | 15 | 16 | 17 | 18 |
| | 1:15PM All About the MSPCA(VIRTUAL PROGRAM) (p.8) | 1:30PM Storytelling Workshop for those Living with Mild Cognitive Impairment (p.10) | 8:30AM Market Basket (p.4) 11AM Therapeutic Arts Group(p.3) | 10:30AM Veterans' Coffee Hour (p.4) Feature Film: The Departed (p.8) |
| 21 | 22 | 23 | 24 | 25 |
| | 1PM Now and Then with The Belmont Historical Society (p.8) 4:30PM Supper Club: Burtons Bar and Grill (p. 8) | 1:30PM Storytelling Workshop for those Living with Mild Cognitive Impairment (p.10) | 11AM Therapeutic Arts Group(p.3) | |
| 28 | 29 | 30 | 31 | |
| | 1:15PM Lucky Charms Mocktails (p.9) | | 11AM Therapeutic Arts Group(p.3) | |

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IN PERSON AND VIRTUAL PROGRAMS

All About the MSPCA(VIRTUAL PROGRAM)

Tuesday, Mar. 15 at 1:15 p.m.

Join MSPCA Humane Education Coordinator, Shannon Noyer, to learn all about the MSPCA and the many ways they are working to help animals in our community. This presentation will include a live tour of the MSPCA Adoption Center and will feature special animal guests! Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Feature Film: The Departed

Friday, Mar.18 at 1:15



Join Beech Street Center members for a movie fitting for Boston and St. Patrick's Day. "The Departed" directed by Martin Scorsese and stars Leonardo DiCaprio, Jack Nicholson, and Matt Damon. An undercover cop and a mole in the police attempt to identify each other while infiltrating an Irish gang in South Boston. Both must figure out each other's identities to save their own lives.

Poster © Warner Bros. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.

Now and Then with The Belmont Historical Society

Tuesday, Mar. 22 at 1 p.m.

Join Viktoria Haase of the Belmont Historical Society, March 22nd from 1:00 to 2:30 pm, on a journey from the present to the past through contemporary and historic photographs. This PowerPoint presentation titled Now and Then will tell the story of local history by showing current landmarks around town followed by what formerly occupied each site. The audience is encouraged to participate and will view the first photo of the pair and then have the opportunity to figure out its historical counterpart. Don't miss the chance to celebrate our unique history while being entertained and educated. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Supper Club: Burtons Bar and Grill

Tuesday, Mar. 22 departing from the Beech Street Center at 4:30 p.m.

Beech Street Center members are off to Burtons Grill, located in Burlington. Starters include spinach and artichoke dip (\$14) or one of their many salad options. For an entrée, try a cheeseburger (\$17), Mediterranean chicken risotto (\$26), seafood entrees, or steak. Make sure to save room for dessert! Please call our programs and events line at 617-993-2976 to register You can also register through our online program at Myrec! —cost: \$5 donation to BelderBus. Meal, drink, tax, and tip are on your own.

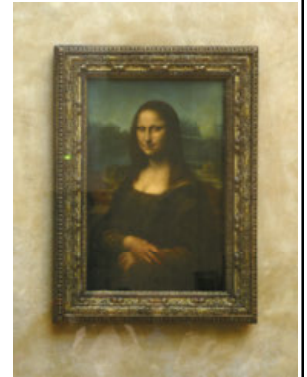


IN PERSON AND VIRTUAL PROGRAMS

Art Matters Presents: WOMEN ARTISTS 1- Until the 20th century (VIRTUAL PROGRAM)

Friday, Mar. 25 at 1:15 p.m.

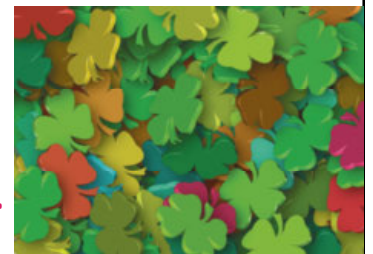
Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. There are many examples of how she has flourished and failed, been celebrated or crushed, but in almost every instance, needing to be better than their male competitors to be taken seriously. Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th century. Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Lucky Charms Mocktails

Tuesday, Mar. 29 at 1:15 p.m.

Get into the spirit of St. Patrick's Day with some fun mocktails! We'll have some Irish music playing as well. Don't miss the fun! Please call our programs and events line at 617-993-2976 to register for this event. You can also register through our online program at Myrec! Cost: Free.



Al Maltz, Photographer, Exhibit March 1 -31, 2022

My name is Alan Maltz. I have been a serious amateur photographer since I was a young adult. Until recently, I have, for the most part, dedicated myself to photographing nature: flowers, insects, and birds. At times I have used the macro lens to photograph flowers from unique points of view. About five years ago, I took a photography class where the assignments focused on people. This is my first show on this subject matter. There are three groups of photographs: East Arlington businesses and their owners, Sturbridge village and its artisans during a March visit, and street photographs were taken in downtown Boston. I hope you enjoy the exhibit!

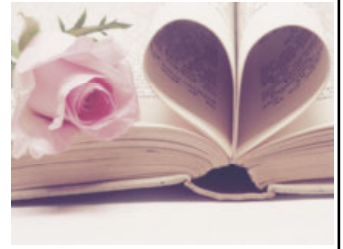
There will be a reception to open the show on Wednesday, March 2 at 1:00 pm to meet Al. Bottled drinks and packaged snacks will be served.



Beech Street Center News and Updates

NEW! Storytelling Workshop- for those Living with Mild Cognitive Impairment
March 9, 16, 23 from 1:30- 2:30 PM

Storytelling can be a fun and playful way to share memories in a positive, trusting environment. Come reminisce and share your stories! You can use hats, scarves, photos, copies of artwork to present your story in any way that you are comfortable to bring it to life. Weekly topics will allow you to acknowledge life achievements and to become aware of your ability to cope and overcome challenges.



Topics will include: Hobbies, Meal Time, Vacations, Work, Family, Favorite Items, Pets
Additional topics based on group interest

Please bring a cherished photo to share at our first meeting.

This confidential group provides a safe and comfortable space for all to feel welcomed and included. We will practice social distancing in our large multipurpose room.

To register call, Janet, Social Worker, Creative Arts Therapist, Certified Dementia Practitioner:
(617) 993-2983

Medicare Fraud Scam

The Belmont Police Department would like to warn seniors about the recent Medicare scams that have occurred. Residents have received calls from a person claiming to be from Medicare. The caller uses two ruses to get the senior's Medicare number. 1. They will say they are calling to confirm that the senior received their new Medicare card. They will then ask for the card number and other personal information such as address and date of birth to "confirm" it's the right card. 2. The caller will say that there is a new plan with no co-pay. Again they will ask for the senior's card number and other personal information. They have even asked for the medical history of the senior. When a resident asked the caller if it was a scam, the caller replies "If this were a scam, I would ask for your social security number" If you think you were a victim of this scam or something similar, call Medicare right away then contact the Police Department to file a report.



BELMONT
POLICE DEPARTMENT
Belmont, Massachusetts

Beech Street Center News and Updates

With Medicare Plans, does it matter which pharmacy you use?

YES, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2022, all the 21 Medicare drug plans have **preferred pharmacies** as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

Volunteers and Leaders Needed!

We are looking for your help to continue running some of our favorite groups and activities! We are looking for new members and leaders for our French Friday group, our opera group, and a seamstress! If you're interested or know anyone, please speak with Nava Niv-Vogel at 617-993-2975 or Dana Bickelman at 617-993-2977.



Use the internet at home and everywhere else on the go with a hotspot from the library! A hotspot is a small, portable device that allows your computer or mobile device (iPhone, Ipad, Kindle) to connect to the internet wirelessly for free! No library card is required! Call Dana Bickelman at 617-993-2977.



You can order free COVID tests! Everyone is eligible! Visit their website <https://www.covidtests.gov/>, or you can call via CDC call center: 1-800-232-0233

COVID-19 Booster Information

Who is eligible for a booster dose, and which vaccine can they get:

- All individuals 18 and older who received their second dose of Pfizer or Moderna at least 6 months ago are now eligible for a booster dose of any COVID vaccine.
- All individuals 18 and older who received a dose of the Johnson and Johnson vaccine at least 2 months ago are now eligible for a booster dose of any COVID vaccine.

Booster doses of the COVID-19 vaccine may be mixed. Regardless of whether you got Pfizer, Moderna, or J&J, you can get any brand of booster dose. If you have questions about which is right for you, you should speak with your healthcare provider.

How to find a booster shot appointment: Here in Belmont, residents can book appointments for boosters at CVS and Osco Pharmacy in town, and Walgreens and other pharmacy and urgent care locations in neighboring towns.

Visit the Vaxfinder tool at vaxfinder.mass.gov for a full list of locations to receive a booster. Due to the recent increase in individuals who are eligible for boosters, many locations will be booking appointments out weeks in advance, and most pharmacy locations require appointments to be booked in advance online.

- For individuals who are unable to use Vaxfinder or have difficulty accessing the internet, they may call the COVID-19 Vaccine Resource Line (Monday through Friday from 8:30 a.m. to 6 p.m., Saturday and Sunday 9 a.m. to 2 p.m.) by calling 2-1-1 and following the prompts is available for assistance. The COVID-19 Vaccine Resource Line is available in English and Spanish and has translators available in approximately 100 additional languages.
- Residents who need a homebound vaccine should call the In-Home Vaccination Central Intake Line at (833) 983-0485. Representatives are available Monday through Friday from 9 a.m. to 5 p.m. For more information, please feel free to call the Belmont Health Department at 617-993-2720.

Transportation Options for Belmont Seniors

Free or Low-Cost Options:

Beech Street Center/Belmont COA- Handicapped accessible rides using COA-operated vehicles are available to and from medical appointments in Belmont and some surrounding communities. Rides to lunch and COA Programs are available, and grocery shopping and other destinations in the Town. All appointments require reservations. A donation of \$2 each way is suggested. Call (617)-993-2980 for information or a reservation.



Beech Street Center/Belmont COA- Non-escort medical appointment taxi rides to Boston and some towns outside of Belmont *when grant or other funding is available*. These rides are available as a last option to get to an appointment. Rides are limited to 3 per person during a six-month period. Reservations must be made two business days before the appointment. Voluntary suggested donation of \$4.00 per one-way trip. Call (617)-993-2980 for information or a reservation.

Springwell Senior Medical Escort Program- Volunteer driver program available M- F from 9am-5pm to locations in Boston or along Route 128. Reservations are required at least two weeks before the appointment date. The rider is responsible for any parking fees and or tolls. Voluntary suggested donation of \$4.00 per one-way trip. Call (617)-926-4100 for information or reservation.

MassHealth Transportation- Any MassHealth member with Standard, CommonHealth, CarePlus, or transportation eligible coverage may be eligible for non-emergency transportation to doctors' appointments. Call MassHealth Customer Service Center at (800) 841-2900, TTY (800) 497-4648 to see if you qualify.

MBTA: SENIOR PASS/Charlie Card- This ID Card entitles seniors over 65 and people with disabilities a reduced fare on the commuter rail, subways, and buses. The pass may be purchased at the Charlie Card Store located at Downtown Crossing Station, at the underground concourse between the Red and Orange lines, or online at www.mbta.com/fares/reduced/senior-charliecard. Call (617) 222-5976 for more information. To replace a lost, stolen, or expired Senior Charlie Card, call (617)-222-3200.

MBTA: The RIDE-The RIDE program provides door-to-door transportation for individuals with a disability that prevents them from using public transportation. To use The RIDE, an application must be completed indicating medical verification of a disability. Call the Ride Eligibility Center at (617)-337-2727. **American Cancer Society- Road to Recovery-** This program provides transportation to and from treatment for people with cancer who do not have a ride or cannot drive themselves. A cancer-related medical appointment ride with an American Cancer Society volunteer driver may be available. Contact (800) 227-2345 for more information.

Boston Hospital Shuttle Services :Mass General offers free accessible shuttle services from North Station and MIT to most hospital buildings and to Mass Eye and Ear, Spaulding Rehab, and Brigham/Women's Hospitals. Lift wheelchair assistance can be scheduled in advance. <https://www.massgeneral.org/visit/accessibility/accessible-transportation-shuttles-and-parking>.

People with Tufts Health plan can get assistance on request through their doctor's office provided through Coordinated Transportation Solutions: [833.242.3331](tel:833.242.3331).

Boston Medical Center offers shuttle service information at 617.358.7592.

Other Resources:

Volunteer driver rides to medical appointments may be available through your house of worship. Contact them directly for more information.

Contact your doctor's office/medical facility to find out if they provide or have transportation resources available.

Other Fee-Based Resource: Always Best Care Senior Services in Belmont- private medical escort service. Call David Robinson at (617) 448-0468. Charge is \$50 an hour.

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Got questions?

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of the month



OR



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of the month

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SPRINGWELL MARCH MENU

| LAST NAME 姓 | FIRST NAME 名字 | Phone | Date | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------------|-------|------|-----------|----------|--------|
| SPRINGWELL NUTRITION: MARCH 2022 Lunch Menu – Belmont Senior Center 617-993-2970 266 Beech Street, Belmont, MA | | | | | | |
| | | | | 1 | 2 | 3 |
| | | | | 4 | 5 | 6 |
| | | | | 7 | 8 | 9 |
| | | | | 10 | 11 | 12 |
| | | | | 13 | 14 | 15 |
| | | | | 16 | 17 | 18 |
| | | | | 19 | 20 | 21 |
| | | | | 22 | 23 | 24 |
| | | | | 25 | 26 | 27 |
| | | | | 28 | 29 | 30 |
| | | | | 31 | | |
| Cream of Butternut Squash Soup w/Crackers (160) BBQ Pulled Pork (418) Italian Roasted Potatoes (4) Carrots (77) Hamburger Roll (212) Fresh Fruit Orange Calories 813/Sodium 976mg | | | | | | |
| Baked Ziti (744) Tomato Sauce Chicken Meatball (70) Italian Blend Vegetables (19) Whole Wheat Roll (180) Peaches (8) Calories 741/Sodium 1158mg | | | | | | |
| Vegetable Soup w/Crackers (270) American Chop Suey (449) Parmesan Cheese (108) Tuscan Blend Vegetable (47) Low Sodium Multigrain Bread (135) Peaches (8) Calories 1083/Sodium 1148mg | | | | | | |
| Honey Mustard Chicken (458) Herbed White Rice (98) Brussels Sorouts (17) Blueberry Snack Loaf (160) Pineapple (9) Calories 729/Sodium 879mg | | | | | | |
| Chicken w/Sauté Vegetables (347) Orzo Seasoned Buttered (38) Oat Top Multi Bread (115) Oatmeal Raisin Cookie (75) Calories 687/Sodium 712mg | | | | | | |
| Please make checks payable to Springwell Please add the site you receive your meals from on the memo line Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department *Indicates high sodium. | | | | | | |
| Please call your reservations by 11 a.m. two business days before. If you would like to cancel your meal reservation, please call by 11 a.m. two business days before. \$2.00 Suggested donation per meal. | | | | | | |
| Please make checks payable to Springwell Please add the site you receive your meals from on the memo line Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department *Indicates high sodium. | | | | | | |
| Review menus carefully to identify those meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietitian at (617) 926-4100 if you need help identifying the ingredients of a meal. Please be sure to only order those menu items which do not present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are allergic to. | | | | | | |
| FOOD ALLERGIES * YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM Please check the box on the days you will be dining in. | | | | | | |
| MENU IS SUBJECT TO CHANGE | | | | | | |



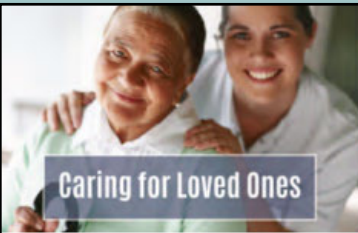
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