

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

April 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-](mailto:dbickelman@belmont-ma.gov)

[ma.gov](mailto: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

PROGRAM AND EVENT

LINE

617-993-2976

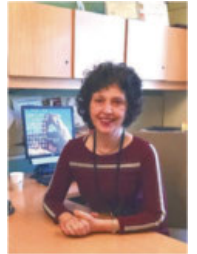
HOME DELIVERED MEALS

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!

Spring symbolizes hope and rebirth in so many religions and traditions. That is why we celebrate Passover, Easter, and other spring holidays. It is also a hopeful time at the center as the good weather brings many of you back. This year we have reason to be even more hopeful as the pandemic appears to be receding. Many of you feel more comfortable returning for our in-house programs and activities. The mask mandate in Belmont has been lifted for all public buildings, including the center. That said, I wish to take this moment to remind you that we remain in what's called "a mask friendly" building. This means that people who feel safer remaining masked should be able to do so without others making them uncomfortable. Many of the staff and I have stayed masked while in the office and building in general so that people who are still concerned about contagion can feel comfortable in our presence. It should also be noted that the state still requires that people using shared transportation services be masked. Therefore, masks are still required when using our vehicles, the cab rides, and rides offered by our volunteers through the Volunteer Drivers Program.



Speaking of transportation, we are pleased that plans are in the works to resume the Volunteer Driver Program as soon as new safety procedures are formulated with Town Counsel. If you or anyone you know is interested in volunteering to drive, please call Marty Cloherty, our transportation coordinator, at 617 993 2989 or email mcloherty@belmont-ma.gov. We are also pleased that the Friends and anonymous donors have made it possible to extend the taxi program. As of this date, new passengers can access up to 3 of these special taxi rides if there are no other options available for a particular medical ride.

Hopefully, the following announcement will not be a hardship for many. We will need to end the breakfast program by the end of April. Back in the Fall, the Select Board approved special federal relief funds for this purpose but only for a 6month period. If you are experiencing food insecurity, our social work team can help. You can call me at 617 993 2975, and I will connect you with someone on the team.

Let me also take this opportunity to remind all those who make reservations for the Springwell sponsored grab n' go lunches that you can only pick up the lunch that you ordered. If you take a lunch that you did not order, it does not go to someone who did. In the past, Springwell was able to provide extra lunches in case there were issues like this but no longer. Thank you in advance for heeding to this reminder.

Last, let me alert you that you will probably receive two mailings related to the Council on Aging in the coming month. The Friends annual newsletter will be published and sent to you. The content of that newsletter is a wonderful reminder of various programs that we offer and what the Friends do to support them.

In addition, we received a special grant from our parent organization, Mass. Councils on Aging, to produce a flyer that emphasizes how our center strives to be a welcoming place for all. In that spirit, we encourage all participants to bring a shy or reluctant friend or neighbor to the center and check out some program or activity of interest.

I've always maintained that actually physically bringing that friend to the center can be one of the more loving acts you can do for them.

Nava



BEECH STREET CENTER REMINDERS

The Beech Street Center is a MASK FRIENDLY BUILDING! UNVACCINATED STAFF AND VISITORS ARE ADVISED TO CONTINUE MASKING INSIDE. MASKS ARE AVAILABLE FOR THOSE WHO WOULD LIKE ONE.



As of the end of this month, our breakfast program will be ending. We want to thank everyone who made this a successful offering, including our volunteers, Beech Street Center's transportation team, and the Diner at 11 North Beacon.



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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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, April 12. 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 to meet at the Beech Street Center. Partners can share ideas, support, and experiences in dealing with this illness. Please join us on Thursday, April 7 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, April 5 at 2 p.m. 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.25 Cost:\$27

CHAIR YOGA with CAROL Monday via Zoom 12:30 PM Feb.14-April 4 Cost: \$36

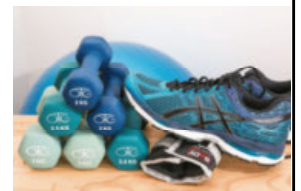
ZUMBA GOLD TUESDAY 12:00 noon Mar.29-May 24 Cost: \$40

TAI CHI Wednesday 9:30 AM Apr. 6-May 11 Cost: \$60

Strength & Flexibility on Zoom Wednesday 11 AM – 12:30 PM Mar. 30-May 4 Cost: \$27

CORE WORKOUT and STRENGTHENING on Zoom Thursday 10:00 AM Apr.7-May 12 Cost: \$50

Power of Posture with Kim Clements Tuesdays from 2-3 p.m. Apr. 12-May 17 Cost: \$55.



CHAIR AEROBICS NEW CLASS WITH KIM CLEMENTS IS POSTPONED. PLEASE CHECK BACK WITH THE FRONT DESK AT 617-993-2970 FOR UPDATES!

SUPPORT OUR ADVERTISERS!



Professional Services

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State Rep. Dave Rogers' Office. Tuesday, April.12 at 9 a.m. at the center

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

Over the Phone Legal Clinic. New! We're excited to resume our legal clinic with at- torney Stephanie Ozahowski from Metrowest Legal Services. Tuesday, April 12 from 1-3PM. Please contact 617-993- 2977 if you would like to register.

Veterans' Coffee Hour. Friday, April 15 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 coun- selors for Medicare beneficiaries and care- givers. 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, April 7 and 21 8:30 a.m. with 90 minutes to shop.
- Star Market: Tuesdays and Fridays at 8:30 a.m.



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.

IN PERSON AND VIRTUAL PROGRAMS

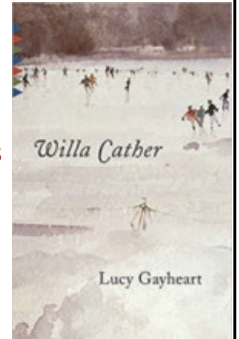
Community Event with the Belmont Women's Club: Monday, April 4 from 1-3PM



Want to have fun, chat with friends, or have a cup of tea and a cookie while working on a community event ??? Then Join us this EGGSTRA SPECIAL TIME on April 4th to fill eggs for an egg hunt for tiny tots to be held on April 9th on the grounds of the Winslow Homer House sponsored by the Belmont Woman's Club. Many hands make light work. Hope to see you there. We are meeting at the Beech Street Center café/library area.

Page Turners Book Club: Lucy Gayhart by Willa Cather Friday, April 8 at 11 a.m.

At the age of eighteen, Lucy Gayheart heads for Chicago to study music. She is beautiful and impressionable and ardent, and these qualities attract the attention of Clement Sebastian, an aging but charismatic singer who exercises all the tragic, sinister fascination of a man who has renounced life only to turn back to seize it one last time. Out of their doomed love affair—and Lucy's fatal estrangement from her origins—Willa Cather creates a novel that is as achingly lovely as a Schubert sonata. Join this popular group for a book discussion! Call our admin assistant Kim Sliney at 617-993-2976.



The *PARKINSON'S* Song and Dance Man! Friday, April 8 at 1:15 p.m.

Please join the Beech Street Center for a very special event! Parkinson's Disease Changes Lives. Song and Dance Heal. An interactive performance to improve awareness of Parkinson's Disease and its symptoms through song and dance. Search "The Parkinson's Song and Dance Man" on YouTube for more. Cost: Free. Call our programs and events like at 617-993-2976 to register.



Museum of Fine Arts Presents: Art in Bloom (virtual) Tuesday, April 12 at 11 a.m.

Shine a Light: Illuminating Debuts. Who doesn't love to wander off the beaten path now and then? Enjoy a tour of quiet corners, intimate galleries, and less-traveled passageways to discover often overlooked gems of the MFA's collection in their brilliant debuts at virtual Art in Bloom. This event is limited to 40 people. Please contact Dana Bickelman at 617-993-2977 or e-mail Dbickelman@belmont-ma.gov for the Zoom link. The link will be available on April 1st. Cost: Free.



Our podiatry clinic is back starting this month! We're so pleased to offer services again with podiatrist William Hubbard. Dr. Hubbard will be starting on Thursday, April 14. Sign-ups may need to be adjusted more than how they were offered before, but please be patient with us as we work to resume this service. The cost will be \$40 for toenails, corns, and calluses. If you're interested or want more information, please call Dana Bickelman at 617-993-2977.



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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>

April 2022 Calendar of Events, Activities, and Special Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 1PM Community Event Belmont Women's Club (p.5)	5 2PM Online Caregiver Support Group (p.3)	6	7 8:30AM Market Basket (p.4) 11AM Therapeutic Arts Group (p.3) 2PM Parkinson's Caregiver Support Group (p.3)	8 11AM Pager Turners Book Club (p.5) 1:15PM The Parkinson's Song and Dance Man (p.5)
11	12 9AM State Rep Dave Rogers' Office Hours (p.4) 11 AM Museum of Fine Arts Presents: Art in Bloom (virtual) (p.5) 1PM Drop-In Bereavement Group (p.3) 1:15PM Meet and Greet with the Bristol County Sheriff's K9 Unit (p.8) 4:30PM Supper Club: Condesa (p.8)	13	14 Podiatrist Clinic: please call Dana Bickelman for more information 11AM Pysanky Ukrainian Easter Egg Painting Class (p.8) 11AM Therapeutic Arts Group (p.3)	15 10:30 Veterans' Coffee Hour (p.4) 1:15PM Art Matters Presents: WOMEN ARTISTS 2- Of the 20th century (VIRTUAL PROGRAM) (p.8) 1:15PM Feature Film: Seven Brides and Seven Brothers (p.8)
18 CENTER CLOSED FOR PATRIOTS DAY	19 BINGO STARTS! 9:15-11AM! 1:15PM The War in Ukraine: Presented by Dr. Alexandra Vaccroux (p.9)	20	21 8:30AM Market Basket (p.4) 11AM Therapeutic Arts Group (p.3)	22 1:15PM The Legacy of Cornelia Warren: Presented by the Wal-tham Historical Society (p.9) 1:15PM Presentation by Dr. Nicole Ross, Optometrist and Professor at New England College of Optometry (p.9)
25	26 1:15PM Rediscovering the T: Presented by Paratransit, Inc (p.9)	27	28 11AM Therapeutic Arts Group (p.3)	29 1:15PM All About Head Injuries: Presented by the Belmont Fire, Police, and 911 Dispatch Departments (p.9)

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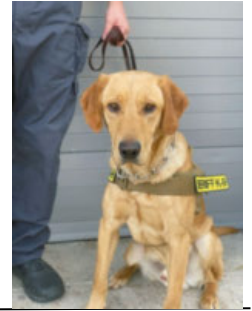
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IN PERSON AND VIRTUAL PROGRAMS

Meet and Greet with the Bristol County Sheriff's K9 Unit Tuesday, April 12 at 1:15 p.m.

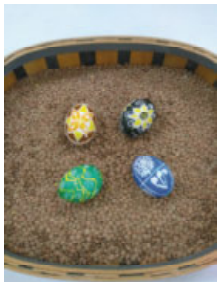
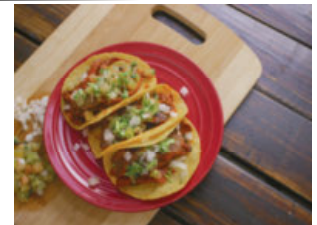


The Beech Street Center is very excited to welcome the Bristol County Sheriff's Department Capt. Paul Douglas and canines Huntah and Duke. Huntah and Duke are used especially for COVID-19 sniffing the way other canines are used for drugs and weapons. Bristol County is the first law enforcement unit in the country to use COVID-detecting dogs. Capt. Douglas will share how Huntah and Duke were trained, offer demonstrations, and we'll have some time to meet and offer up belly rubs after. You won't want to miss this event! Please call our programs and events line at 617-993-2976 to register—cost: Free.



Supper Club: Condesa Mexican Restaurant Tuesday, April 12 departing from the Beech Street Center at 4:30 p.m.

The Supper Club members are off to Condesa at the new Arsenal Mall in Watertown. Condesa brings a taste of genuine Mexican cuisine and culture to the United States. Kick your meal off guacamole (\$12) or salsa sampler (\$3). As an entrée, enjoy one of their many taco varieties, including chicken (\$17), veggie burrito(\$18), chile-lime salmon (\$23), or a fresh salad. Save room for dessert, including churros or flan (\$7). An evening not to miss! Please call our programs and events line at 617-993-2976 to register —cost: \$5 donation to BelderBus. Meal, drink, tax, and tip are on your own.

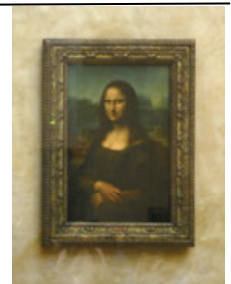


Pysanky Ukrainian Easter Egg Painting Class Thursday April 14 from 11-2 p.m.

Pysanky are the beautiful and elaborate Easter eggs found in Polish and Ukrainian traditions. The Beech Street Center and Belmont Public Library are excited to offer this special class to the community. Write a beautiful multicolor egg using the Ukrainian centuries-old technique. Sarah Mills will help you create your unique design with melted beeswax and food-safe dyes on an egg. We work with candles, hot wax, and raw eggs, so wear clothes that might get messy. Space is limited. Please register for this program by calling our programs and events line at 617-993-2976. Cost: \$10.

Art Matters Presents: WOMEN ARTISTS 2– Of the 20th century (VIRTUAL PROGRAM) Friday, April 15 at 1:15 p.m.

Women artists, capable of the art of creation and the creation of art, have historically proved threatening to the dominant male establishment. Our ability to create art was less openly inhibited in more modern times, but new, modern obstacles arose.. Join us for a new look and a discussion about women and their struggle to make art in the 20th Century. Please call our programs and events line at 617-993-2976 to register for this event. Cost: Free.



Feature Film: Seven Brides and Seven Brothers Friday, April 15 at 1:15 p.m.

During the 1850s, Milly, a pretty young cook, marries Adam, a grizzly woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers who live in his cabin. She promptly begins teaching the brothers proper behavior and, most importantly, how to court a woman. But after the brothers kidnap six local girls during a town barn-raising, a group of villagers tries to track them down. Will Adam's brothers marry or be caught? Watch to find out! Poster © Metro-Goldwyn-Mayer. Cost: Free.



IN PERSON AND VIRTUAL PROGRAMS

The War in Ukraine: Presented by Dr. Alexandra Vacroux Tuesday, April 19 at 1:15 p.m.



Join Dr. Alexandra Vacroux for a lecture and discussion to put war into perspective. Dr. Vacroux will provide the historical context you need to know to make sense of Russia's demands and then layout different theories about Putin's wants and what he is likely to do. She will also cover the Ukrainian perspective and the international response. Alexandra has been the Executive Director of the Davis Center for Russian and Eurasian Studies at Harvard University for 12 years. Before that, she held many positions in the public and private sector, both in the U.S. and in Russia, where she lived for a dozen years beginning in 1992. She brings her experience to bear on the training she provides to MA students in the Regional Studies program at the Davis Center. She frequently offers courses and lectures to a public audience, high school social studies classes, government agencies, the U.S. Naval Sea Cadets, and audiences in Russia. She has a Ph.D. in Government from Harvard and a BA from Tufts University. Please call our programs and events line at 617-993-2976 to register for this event. Cost: Free.

The Legacy of Cornelia Warren: Presented by the Waltham Historical Society Friday, April 22 at 1:15 p.m.



At the turn of the century, Cornelia Warren was one of the richest women in Massachusetts. She combined the wealth she inherited from her father's paper manufacturing business with numerous charities and institutions. Cornelia's social activism with a cluster of some of the brightest, most accomplished women of her era was grounded in her religious conviction and astute moral philosophy. She chose to use the advantages of her privileged life to alleviate conditions resulting in poverty, ignorance, poor health, and injustice. Cornelia's life was devoted to improving social welfare and advocating for progressive causes, and the impact of her work continues today. Hear Dee Kricker from The Waltham Historical Society tell us how Cornelia Warren left a trail from Beaver Street to Beacon Hill: from Waltham to Westbrook, Maine left a trail of good deeds, both small and large. Please call our programs and events line at 617-993-2976 to register for this event. Cost: Free.



Presentation by Dr. Nicole Ross, Optometrist and Professor at New England College of Optometry (NECO) Friday, April 22 at 1:15 p.m.

Dr. Ross will present on low vision rehabilitation care assistive technologies available for individuals with low vision and discuss possible benefits related to smartphone applications for assistance with visual tasks. Following the presentation, she will open up for questions and answers. Please call our programs and events line at 617-993-2976 to register for this event. Cost: Free.

Rediscovering the T: Presented by Paratransit, Inc Tuesday, April 26 at 1:15 p.m.



Rediscovering the T is a presentation by MBTA Travel Training about the safe use of the MBTA by older adults. Topics include safety, paying one's fare, accessibility of vehicles and stations, trip planning, asking for help, how to apply for a Senior CharlieCard, and more. The presentation also provides information about other transportation options, including The RIDE. We encourage people to plan for retirement from driving. Individual Travel Training for the T is available. Participants will have an opportunity to ask questions. Please call our programs and events line at 617-993-2976 to register for this event. Cost: Free.



All About Head Injuries: Presented by the Belmont Fire, Police, and 911 Dispatch Friday, April 29 at 1:15 p.m.

The Beech Street Center is very excited to welcome Firefighter and EMT Ross Vona, Lt. Kristin Daley, and 911 Operations Manager Ted Pendergast for this very important program. We'll discuss how the injuries may occur, how to prepare and keep yourself safe, and what happens if we don't address these injuries!

Beech Street Center News and Updates

Reminder the center is closed for all programs and activities on Tuesday, April 5 for the Belmont Town Election!



**BINGO IS BACK!!
Starting Tuesday, April 19
from 9:15-11! Coffee and
pastries provided!**



Medicare and OTC COVID-19 Tests



Earlier this year it was announced that, starting in early Spring, Medicare beneficiaries will be able to access up to 8 over-the-counter COVID-19 tests per month for free. Tests will be available through eligible pharmacies and other participating entities. All Medicare beneficiaries with Part B are eligible for this new benefit, whether enrolled in a Medicare Advantage plan or not. More details will be available when this initiative launches in the early Spring. For more information, check Medicare.gov or speak to a SHINE counselor.

In the meantime, anyone can order up to 4 free home tests per household through covidtests.gov. Beneficiaries who are in a Medicare Advantage plan can check if their plan offers any coverage for home tests (separately from the initiative launching in early Spring).

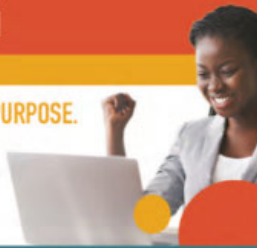
Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name,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

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