



Senior CONNECTION

WEST BOYLSTON

JANUARY 2021



**WEST BOYLSTON
COUNCIL ON AGING**
120 Prescott St.
West Boylston, MA 01583
508-835-6916

Monday - Friday 8:30am-3:00pm

STAFF

Director	Lisa Clark Viklund
Admin Assist.	Judy Conroy
Dining Manager	Doris Johnson
Custodians	Ed Parzyck Jim Novia
Van Drivers	Ken Hoss Robert Barrell Janet Fotiadis

COUNCIL ON AGING BOARD

Chairman	Janice Ash
Vice Chair	Patrick Novia
Secretary	Barbara Deschenes
Members	Kathy Casey Dave Femia Barbara Mard Tom Mullins

The mission of the West Boylston Council on Aging is to promote healthy aging and independence of older adults through educational, wellness, cultural and recreational programs and services.

I do not think that anyone will be sad to see the year 2020 gone. From all of us at the West Boylston Senior Center, we hope that this new year of 2021 brings peace and health to everyone in our community.



Due to safety concerns, we will remain closed to the public until it is deemed safe to reopen. Please know that we are still operating outreach services, meals on wheels and transportation. In the meantime, we are here for you. If you have winter blues and would like a puzzle to work on or a book to read, give us a call. We can arrange a delivery or pickup. We also still have face masks available.

Through the month, we will be reaching out via telephone to our residents that are in "My Senior Center" system. This will be a friendly call just to check in. If you have a neighbor or friend that has never come to the center, nor in our system, and in need of services or a friendly phone call, please contact me. Our goal is to connect with all seniors in the community.

-Happy New Year from Lisa

**AARP TAX AIDE PROGRAM
@ THE WEST BOYLSTON SENIOR CENTER**



Tax preparation will begin in February 2021.
Dates & times to be determined.

This program is sponsored by AARP and is free of charge to those with income under \$60,000, have no rental income, no business income with expenses over \$5,000 or with a net loss, or if the sale of a home, foreclosure/ short sale has taken place in 2020. You will need to bring the following with you for your appointment:

- * last year's tax return
- * interest received form
- * W2 form
- * dividends received form
- * lottery winning
- * any other forms marked for 2020 taxes
- * circuit breaker documentation
- * real estate tax bills
- * proof of health insurance
- * 1099 from Social Security
- * brokers' statements on Mutual Funds
- * unemployment compensation record

Strict protocols for coming into the center and meeting with a preparer will be in place.

INFORMATION

SENIOR CONNECTION NEWSLETTER-

Some people have expressed the interest in receiving our newsletter automatically via email, if so, this is the process: Go to www.OurSeniorCenter.com and type in West Boylston, MA in the right search box, and in the left search box type in West Boylston Senior Center. Once you are on your listing page within www.OurSeniorCenter.com you will see a "subscribe key in the middle of the page above all the newsletters. Enter your email in this subscribe box and you will receive the newsletter each first of the month.

The Senior Connection newsletter can also be viewed on the Town of West Boylston website. Go to www.westboylston-ma.gov, click on Government & Departments, click on Senior Center, on the left side you will see a tab that says "Senior Connection Newsletters", click on that tab. You can access the newsletters that are posted.

If you are moving or no longer wish to receive the Senior Connection newsletter via postal mail, would you please let us know to take you off our mailing list.

MEALS ON WHEELS VOLUNTEERS NEEDED!!

Deliver Meals on Wheels to West Boylston residents. We are seeking both volunteers who are able to deliver once weekly and those who are available as an alternate, as needed. Contact the West Boylston Senior Center - 508-835-6916



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INFORMATION



The Worcester County Sheriff's Office was not able to do their annual Winter Coat Drive this year due to the pandemic, nor could we collect coats at the senior center. However, with a donation of \$12,000, the Central Massachusetts Agency on Aging was able to help get the Elder Coat Drive the traction it needed amidst the challenges of the COVID-19 pandemic.

The Central Massachusetts Agency on Aging visited our West Boylston Senior Center to donate some of these brand new coats! If you are in need of a coat, please contact Lisa 508-835-6916

WELLNESS CLINIC/ASK THE NURSE

Wednesday- January 27, 2021 11:30 am-1:00 pm
By appointment only



We are so happy to start up our wellness clinics again. Welcome Nurse Arielle from the VNA to the West Boylston Senior Center. Blood Pressure, questions about your medications, follow-ups from your doctor- ask the nurse! Please call 508-835-6916 to schedule your time.

BEMAN MEMORIAL PUBLIC LIBRARY

In addition to the library's ongoing contactless requests/pickup. Library staff are now offering printing, copying and faxing services on a limited appointment basis. Call 508-835-3711 for questions or info.



"Serving is the Heart of Rotary"

Wachusett Area Rotary Club's
Complimentary

Senior Valentine "Grab & Go"
Lasagna Dinner

Valentine's Day
Sunday, February 14, 2021
Between 3 and 4 pm

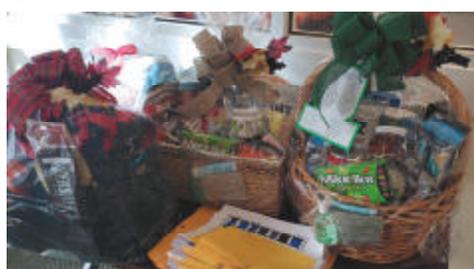
All meal reservations are required through the
Holden Senior Center at (508)-210-5570
by Friday, February 5th
(call early ~ meals are limited)

Meals distributed at the Senior Centers of Holden, Sterling or West Boylston

Dinners prepared by
"The Manor Restaurant"



VETERAN'S DAY BREAKFAST DRIVE-THRU



**Congratulations to our gift basket winners:
Ian C., Charles G., John M., Leo M.,
Judy P., Bill P., John V., and Paul W.**



**Wonderful volunteers and
Chefs Extraordinary!**

What if I missed the Medicare Open Enrollment Period? Can I still make a change to my 2021 coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

Changes that can be made during this period include switching to:

- a different MA plan with drug coverage;
- a different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

Other news:

For those with Prescription Advantage or "Extra Help"; these programs help with paying for your prescription drugs.

They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed outside of Open Enrollment.

Those with Prescription Advantage can do this only once each year.

Those with "Extra Help" can change once each quarter.

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2021 monthly Part B premium will be \$148.50 in 2021. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

Individual	Gross Income: \$1,755/month	Assets: \$15,720
Couple	Gross Income: \$2,371/month	Assets: \$23,600

If you want to take advantage of any of these opportunities to change your plans or be screened for assistance call the Regional SHINE Office and a SHINE Counselor can talk you through the process and any consequences of changing plans. The Central Mass SHINE Program office 508-422-9931

WEST BOYLSTON COUNCIL ON AGING & WSU URBAN STUDIES DEPARTMENT INTERGENERATIONAL PARTNERSHIP

We have just completed the first semester of our collaboration with Worcester State University Department of Urban Studies. Twelve of our seniors participated in weekly connections partnerships with students and several from our community have done/are doing recorded oral histories. It is our plan to continue with and build on this relationship. We hope you will consider participating in an upcoming semester. Watch newsletters or call the Center for more information. **(508-835-6916)**.

Some comments from the participants, most of whom said they would do it again and recommend it to others:

- ◆ "A rewarding experience – I thoroughly enjoyed connecting with my student. ...fun!"
- ◆ "Generational interaction is valuable, teaching and learning work in both directions."
- ◆ "This program was an excellent experience...kudos to WBCOA and WSU for the openness and creativity shown in developing this program."
- ◆ "It is a wonderful idea to make these connections!"





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OUTREACH

"STUDENT SHOVEL" program

If there are seniors who are in need of assistance with snow shoveling, we are partnering with the Young Rotarians Interact Group. Please call the senior center to be put on a list and we will forward the address to the Rotary Group. This ensures privacy for both seniors and students. Snow removal will be from stairs or walkways (not driveways). Snow removal may NOT be immediately following a storm. It will be determined when it would be safe for the students to help in this community service.

Call the senior center with questions.
508-835-6916



"SHOPPING BUDDIES"

Are you in need of grocery shopping? Through the Honor Society group at the West Boylston High School, we have a group of students that will go and pick up your grocery needs and deliver them back to you. This program will need to be on Saturdays or late afternoons. You will need to give your shopping buddy very specific, brand detailed, descriptions.

Money will need to be given to them before they go to the store.

Register at the center 508-835-6916 with your name and number and we will coordinate with the group.



SEW WHAT GROUP

West Boylston is blessed to have this group. The "Sew What" group recently donated wonderful holiday lap quilts to our home-bound seniors.

These quilts were lined with flannel on the back to keep recipients extra warm. The busy group has also donated face masks to multiple organizations in the area. Thank you "Sew What" members!



Don't Throw your "stuff" away!

.....skip the garbage and give unused possessions to charities that target donations to specific causes.....

Formal Wear: Brides Across America accepts wedding dresses and special-occasion gowns for military and first responder brides: bridesacrossamerica.com

Hearing Aids: The Starkey Hearing Foundation and the Hearing Aid Project both distribute recycled devices; starkeyhearingfoundation.org; hearingaid donations.org

"Bucket List Travelers" with Dave Stevens

Offering the following trips for 2020-2021- brochures can be picked up at the senior center

"Hawaiian Adventure" April 15 - 24, 2021 \$100 Early Booking Discount

"Painted Canyons of the West" - Utah's Five National Parks May 30 - June 7, 2021 - \$100 Discount

"Sunny Portugal" - Oct. 16 - 25, 2021 - \$200.00 Early Booking Discount is available.

For more information, or to request a brochure for any of these tours, please call Dave Stevens at 508-869-6830 or E-mail at davemts@charter.net

INCLEMENT WEATHER POLICY-

In cases of inclement weather, the West Boylston Senior Center will be closed. On those days, there will be no Meals on Wheels, no programs and no Senior Van transportation. Please call the center, or check the town website to verify closings.

There may also be days when the center is open, but if snow begins to fall and the road conditions deteriorate, for the safety of all, the van will be taken off the road.



January Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 **NEW YEAR'S DAY-
CENTER CLOSED**

4 **SWEDISH MEATBALLS**

5 **GARLIC HERBED
CHICKEN**

Knock! Knock!
Who's there? Freeze!
Freeze who?
Freeze a jolly good fellow!
Freeze a jolly good fellow!

6 **STUFFED PEPPER
CASSEROLE**

7 **POTATO CRUNCH FISH**

8 **PORK RIB-I-QUE**

11 **CHICKEN POT PIE**

12 **SLOPPY JOES**

13 **FISH W/CRUMB TOPPING**

14 **BAKED VIRGINIA HAM**

15 **CHICKEN CRANBERRY
SALAD**



Please note that Congregate Lunch is still not available at the senior center.
Meals listed are for Meals on Wheels only.

<p>18 MARTIN LUTHER KING JR. DAY - CENTER CLOSED</p> 	<p>19 HOT DOG</p>	<p>26 BURGER W/CHILI & CHEESE</p>	<p>20 RANCH CHICKEN</p>	<p>21 SPAGHETTI & MEATBALLS Knock! Knock! Who's there? Snow! Snow who? Snow skating today - the ice is <u>too thin!</u></p>	<p>27 AMERICAN CHOP SUEY</p>	<p>22 BRAISED BEEF</p>
<p>25 CHICKEN PESTO</p>	<p>28 ROAST PORK</p>	<p>29 FRITTATA</p>				



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Open Hours

I went down the street to a 24-hour grocery store. When I got there, the guy was locking the front door. I said, "Hey! The sign says you're open 24 hours." He Said, "Yes, but not in a row!"



- When one door closes and another door opens, you are probably in prison.
- To me, "drink responsibly" means don't spill it.
- Age 60 might be the new 40, but 9:00 pm is the new midnight.
- The older I get, the earlier it gets late.
- When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- I had my patience tested. I'm negative.
- Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.

WEST BOYLSTON PUBLIC ACCESS CHANNEL 191

Knowing that many seniors do not have computers to access online programs, we are working with the public access station to provide senior programming for the local cable channel. The station will offer a morning and afternoon line up of local entertainment, information and exercise programs. As this is a work in progress, we would ask for your feedback on what you view and other programs that you would like to see.

Day	Category	Program	Time
M-W-F	Exercise	The Center Wellness Series	9:00 am
M-W-F	Fun	Thomas Crane Library presents: Cooking with Colin, Girl Scout Cookie Smoothies	10:00 am
M-W-F	Entertainment	Brian & The Magic Christmas Elf Music Spectacular	11:00 am
M-W-F	Exercise	Self Defense and You- Everyday Gestures that will save your life Part 1	1:30 pm
M-W-F	Fun	Nature's Beauty-The Tropical Rainforest Heritage of Sumatra	2:30 pm
T-Th	Exercise	Senior Core & Balance Exercise November 2020	9:00 am
T-Th	Fun	Veg Cooking: Braised Coconut Mushrooms, Potato & Pumpkin Soup and Lemon-Ginger tea (Vietnam)	10:00 am
T-Th	Education	Two Grannies on the Road-100th Anniversary of Women's Right to Vote	10:30 am
T-Th	Education	Animal World-3D Printing Working Wonders for Animals	11:15 am
T-Th	Exercise	Chair Yoga for Adults over 60 with Terry Currier	3:00 pm
T-Th	Entertainment	2020 Christmas Show from The Funky Divas of Gospel	5:00 pm

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THANK YOU FROM THE FRIENDS OF THE WEST BOYLSTON SENIOR CENTER

The Friends of the West Boylston Senior Center wish to thank all individuals and businesses who donated to our 2020 fundraiser.

Although this has been quite a difficult year, we did have a number of successes!

The computer lab is now equipped and operational. Residents were able to schedule a time and use the computers at the center. Funds were used to subsidize one of the exercise classes enjoyed by many. The Friends group also sponsored the Halloween Drive-Thru lunch, a wonderful hot meal immensely enjoyed and appreciated by town residents.

The Senior Connection newsletter is mailed to all who request it. The mailing program continues to be funded by the Friends group as well.

All this is made possible through your generous donations.

Thank you so much! --- Be Well and Stay Safe

The mailing of this newsletter is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the West Boylston Council on Aging.