



MARCH 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
Secretary	Barbara Deschenes
Members	Siobhan Bohnson
	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.

“WELCOME SPRING” DRIVE-THRU LUNCH

Thursday, March 25, 2021 12:00 - 1:00 pm

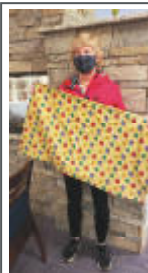
FREE...FREE...FREE

**Baked Chicken Tenders, Vegetable Soup,
Fruit Salad and Dessert**
**Swing by the Senior Center- Volunteers will place
this lunch in your car under our Porte Coche.
Hoping it will be a nice warm day to enjoy your
lunch in the sunshine. Bring it to your back yard
or other favorite location and enjoy with friends!**

Call the Center to *RSVP* Space is limited!
508-835-6916

Please call only during business hours
Monday—Friday 8:30 am-3:00 pm

***Preference to West Boylston Seniors**



West Boylston’s “Sew What” Group

This wonderful volunteer sewing group, that has donated hundreds of face masks and lap quilts throughout the community, is in need of cotton, flannel and fleece material. If you have the ability to donate these materials to this group please call Marilyn @ 508-835-2243 .

GLOBAL COOLING

For 153 years, the standard body temperature for humans has been 98.6 degrees F. That has changed. A 2017 British study revealed 97.9 to be average. A 2019 U.S. study recorded 97.5. Now a research team has found a remote Bolivian people who average 97.7. Why? Maybe a global drop in infectious diseases. No one knows for sure. ~ AARP

DIRECTOR'S COLUMN

Before I started to write this column I looked back to the March newsletter of 2020. We had many activities and events scheduled that we were cancelling. News was coming fast and furious about the COVID-19 virus, but no one knew what direction to take. I can remember thinking and hoping that it would be over in a short amount of time. Life gave us something different.

We do hope to open for classes next month. Not all classes will be scheduled or returning. They will be set up just as we did last July. Look for more information in next month's newsletter. Based on early data, the COVID vaccines show promise in reducing severity of disease. It is not yet known whether the COVID-19 vaccine will reduce transmission, so current precautionary measures, mask wearing and social distancing, will continue to be necessary including for those receiving vaccination. There is a light at the end of this long and dark tunnel. I thank all of you in the community for your patience and understanding as we continue to outreach. A lot of appreciation goes out to my volunteers in their complete dedication to all that we were doing at the center. These past few months have truly illuminated that we are a community that works together. *- from Lisa*

Due to the high number of telephone calls the senior center is receiving, we are asking people not to leave messages after hours or on weekends.

If you call the center to make reservations for an activity or class, or to ask for aid in scheduling vaccine appointments, **call during business hours only: Monday through Friday 8:30 am—3:00 pm.** This will ensure that prompt attention is given to all. Thank you.

Mercadante

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06-5328

ASK AN ATTORNEY

Tuesday- March 9, 2021 9:30 am-10:30 am



A free service for seniors with Attorney Nicholas Daviau. Please call to schedule your appointment 508-835-6916.

We all know mirrors never lie....
I'm just grateful that they don't laugh!

WELLNESS CLINIC/ASK THE NURSE

Wednesday- March 24, 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.



WEST BOYLSTON SENIOR VAN TRANSPORTATION

Service is still ongoing for West Boylston seniors

Monday-Thursday 8:30 am- 2:30 pm

We operate to Worcester, Holden, Shrewsbury, Auburn and Clinton Hospital.

If you wish to become a rider on the senior van, you need to register at 508-835-6916



"Bucket List Travelers" with Dave Stevens

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

"Painted Canyons of the West" - Utah's Five National Parks Sept. 13 - 21, 2021 - \$100 Discount

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

"Hawaiian Adventure" November 4 - 13, 2021 \$100 Early Booking Discount

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



GLASS ORB MINI GARDEN

GRAB & GO KIT FROM BEMIS FARM NURSERY

In Memory of Mr. Warren Jacobsen, an avid crafter and wonderful soul, this kit is being made available at no charge to a limited number of those who share in the delight of being crafty.

Tina Bemis will supply the kits with materials and instructions.

You must call the senior center to reserve your kit by **March 11, 2021**. They will be available for pick up at the center on Thursday, March 18, 2021. (time to be determined).

Please call the center at 508-835-6916 during business hours only- Monday -Friday 8:30 am- 3:00 pm.

No reservations will be taken outside of business hours or on weekends.

Name: _____

Date: _____

Bird Watching

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NEWS FROM SHINE

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.

Medicare Five STAR Plans

For plan year 2021 the Tufts Medicare Preferred Plan continues to be designated as 5-star plan by Medicare, as a reward for the excellence of their plans. Basically, this means that Medicare beneficiaries may enroll in or change to one of the Tufts Medicare Preferred plans at any time between December 8, 2020 and November 30, 2021.

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 your local Senior Center or the Regional SHINE Office and a SHINE Counselor can talk you through the process and any consequences of changing plans.

The SHINE Program (Serving Health Insurance Needs of Everyone), is federally funded and state administered through the Executive Office of Elder Affairs. The Program annually certifies over 700 counselors statewide, that provide, unbiased, confidential counseling on all aspects Medicare, related private insurance products and financial assistance programs

The Central Mass SHINE Program office 508-422-9931

Outside Central Mass call 1-800-243-4636

Visit us at our Central Mass Website www.shinema.org for useful information and applications for various programs. You can also email us at info@shinema.org.



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ZOOM CLASSES

J FISH FITNESS

This program will be led by Joe and other J Fish Fitness Instructors who are all certified Fitness and Falls Prevention specialists. This class is one hour of exercise and fun derived from our popular **Stay Active and Independent for Life, (SAIL) Evidence Based Falls Prevention Program.** We will help strengthen muscles, improve balance and finish with some comfortable seated stretching. All of our exercises can be done seated or standing, with or without weights and participants can go at their own pace.

Jfishfitness.com

978-944-5015

Joe@jfishfitness.com



Although classes are not being held at the senior center as yet: You can still stay active!

SENIOR ZOOM FITNESS & YOGA CLASSES with MARTY

Weekly classes are held Mondays and Wednesdays at 10:30 am.

Join the class and Marty will send out weekly emails- martyjeanfrench@gmail.com

"Join A Class" on ZOOM ID # 761 01 48460

TAI CHI with SIFU GARY

On my schools Facebook there are many videos of Tai Chi/Qigong warm ups. You don't have to be a member to view them. There are some light Strength training through Kung Fu videos as well.

[Kung Fu & Tai Chi Academy of New England | Facebook](#)



ZUMBA GOLD with RITA

Thursdays from 9:00 am-9:50 am

Join Zoom Meeting

[https://us02web.zoom.us/j/9785626454?](https://us02web.zoom.us/j/9785626454?pwd=0kxZS3dmVTJGMFI3MjdmZUVZQnFrZDZ09)

[pwd=0kxZS3dmVTJGMFI3MjdmZUVZQnFrZDZ09](https://us02web.zoom.us/j/9785626454?pwd=0kxZS3dmVTJGMFI3MjdmZUVZQnFrZDZ09)

Meeting ID: 978 562 6454 Passcode: 9785626454

MYRIAM LAMOUR- Certified Fitness Instructor

Is offering the following ZOOM Classes:

JOY FUSION- a low impact exercise class that combines dance cardio, strength training and balance. A 3lb/5lb dumbbell and an armless sturdy chair are required.

STANDING PILATES- involves a series of weight-bearing exercises that focus on building functional core strength, balance and coordination. An armless sturdy chair is required.

New 5 week sessions will run -

Joy Fusion Jan 25th - Feb 22nd
Time: 4:00 - 4:30 pm

Standing Pilates Jan 27th - Feb 24th
Time: 4:00 - 4:30 pm

Payment is the same as before:

5-week sessions: \$15.00 once a week
\$20.00 twice a week


Pay as you go: \$4.00 for one class per week
\$7.00 for two classes per week

Myriam will send participants the ZOOM Link every Sunday evening.

To join contact Myriam @ myrmlamour@gmail.com

March Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 BEEF STEW</p>	<p>2 BUTTERMILK CHICKEN</p>	<p>3 BAKED POTATO W/CHILI & CHEESE</p> 	<p>4 HOT DOG ON BUN</p>	<p>5 MACARONI & CHEESE</p> <p>9:00 AARP Tax-Aide</p>
<p>8 CHICKEN MORNAY</p>	<p>9 MEATLOAF & GRAVY</p> <p>9:30 Ask Attorney</p>	<p>10 SHEPHERD'S PIE</p>	<p>11 ROAST TURKEY W/ GRAVY</p> <p>Deadline to reserve Bemis Nursery Kit</p>	<p>12 FISH W/ CREAM SAUCE</p> <p>9:00 AARP Tax-Aide</p>
<p>15 SWEDISH MEATBALLS</p> 	<p>16 PORK RIB-I-QUE</p>	<p>17 CORNEED BEEF</p> 	<p>18 CHICKEN CACCIATORE</p> <p>Bemis Grab & Go Kit Pick up</p>	<p>19 FISH W/CRUMB TOPPING</p> <p>9:00 AARP Tax-Aide</p>

22 CHICKEN POT PIE	23 SLOPPY JOE	24 GARLIC HERBED CHICKEN 11:30 Wellness Clinic	25 SPAGHETTI & MEATBALLS 12:00 "Welcome Spring "Drive-Thru Lunch	26 POTATO CRUNCH FISH 9:00 AARP Tax-Aide
29 STUFFED PEPPER CASSEROLE	30 RANCH CHICKEN	31 BRAISED BEEF	 <p>Please note that Congregate Lunch is still not available at the senior center. Meals listed are for Meals on Wheels only.</p>	

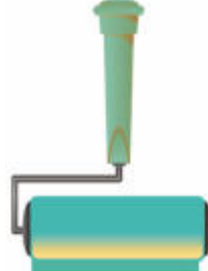
INCLEMENT WEATHER POLICY -

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.



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Important Person

The Pope asks his driver on his way to the airport if he could drive around for a while because they have time to kill and he hasn't driven a car since becoming the pope.

Naturally, he's a bit rusty, so he's driving poorly, when suddenly he sees police lights behind him. He pulls over and when the officer comes up to the window his eyes go wide. He says to the pope "Hold on for a minute," and goes back to his car to radio the chief.

Cop: "Chief we have a situation. I've pulled over an important figure."

Chief: "How important? A governor or something?"

Cop: "No sir. He's bigger."

Chief: "So, what? A celebrity or something?"

Cop: "More important, sir."

Chief: "A major politician?"

Cop: "No sir, he's much more important."

Chief: "WELL WHO IS IT!?"

Cop: "Well actually I'm not sure. But the pope's his driver!"

WEST BOYLSTON PUBLIC ACCESS CHANNEL 191-Senior Programs

Day	Category	Program	Time
M-F	Exercise	Strength, Balance & Stretch ep. 1	9:00 am
M-W-F	Music/Presentation	2021 Springfield Virtual MLK Day Celebration	10:30 am
M-W-F	Exercise	Balance Class for Adults over 60	1:00 pm
M-W-F	Entertainment	Thomas Crane Library Presents- The Ultimate Presentation for Red Sox Nation	3:00 pm
M-W-F	Entertainment	Classic Movies: The Comedy of Terrors	6:00 pm
W	Service	Diocese of Worcester Roman Catholic Live	9:00 am
T-Th	Exercise	Strength, Balance & Stretch ep. 2	9:00 am
T-Th	Exercise	Tai Chi with Vince Jornales ep. 3	10:30 am
T-Th	Fun	Thomas Crane Library Presents- A Celebration of Animation	2:00 pm
T-Th	Entertainment	502 Sessions featuring Bluegrass Band "Sinner's Pick"	6:00 pm
Sunday	Service	Diocese of Worcester Catholic Live	10:00 am

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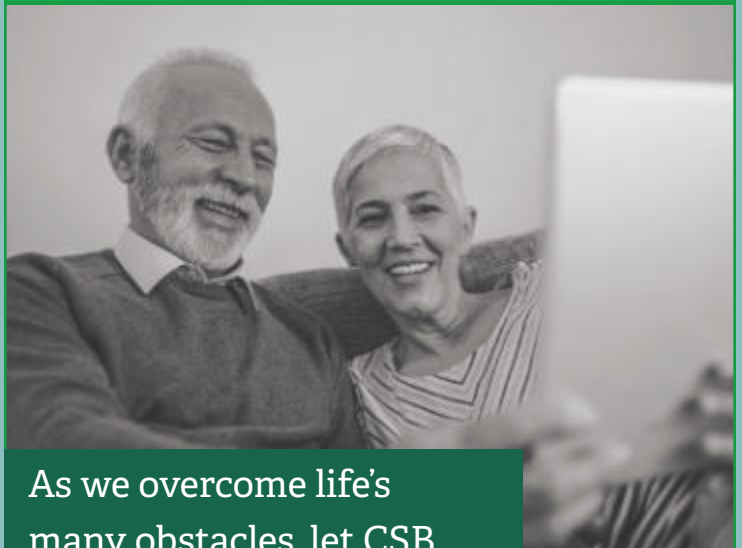
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The mailing of this newsletter is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the West Boylston Council on Aging.

- Like us on Facebook "West Boylston senior center"

Wachusett Area Rotary Club's Senior Valentine "Grab & Go" Lasagna Dinner

This amazing group of people served a complimentary Lasagna Dinner to area seniors, complete with salad, garlic bread and sweets right on Valentine's Day. Everything but the wine!
The West Boylston Senior Center is grateful for this heartfelt organization.

