



# BOLTON SENIOR CENTER

January  
2021

**THE CENTER IS CLOSED  
FOR ALL ACTIVITIES UNTIL  
FURTHER NOTICE.**

IF YOU HAVE ANY QUESTIONS  
OR NEED HELP GETTING  
FOOD OR SUPPLIES GIVE US A  
CALL! PHONE: 978-779-3313  
or 978-779-3314



@ Bolton COA

## WHAT'S INSIDE

- 02 COOKING CLASS
- 03 FITNESS CLASSES/  
A NOTE FROM OUR REP
- 05 MEDICARE / SHINE &  
OTHER RESOURCES
- 07 UPCOMING ACTIVITIES



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/council-aging](http://www.townofbolton.com/council-aging)

**SHOP SMALL &**  
Support your community



The new year is a time for new beginnings. This year make it a point to conquer technology. Electronics are keeping us all together these days while we're physically apart . Together lets make it work for all of us. If you need access to a laptop, or a lesson on how to use Zoom or Skype, contact Heather at 978-779-3314. Also network (or gossip!) with your friends and neighbors to learn how they make technology work.

This month we have so many ways to keep everyone connected and engaged using Zoom! You can join us for a cooking class, learn about Songbirds of the Northeast, create a Psychological Tool Kit for Surviving the Coronavirus, learn about phone options for the hard of hearing or just join us for a social chat.

Update your calendar so you won't miss out on any of the fun!

We want to "see" you, we would love to hear from you, we want to have fun together.

We hope the new year brings you nothing but Peace, Joy & Happiness!!



# STAFF, CONTACTS & CENTER INFO

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Panny Gerken

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## STAFF

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Please remember– If you are experiencing an emergency call **911** for police or fire assistance.

## COOKING CLASS

Looking for healthy and delicious recipe inspiration for 2021? Join Chrissy Carroll, a culinary dietitian, for a virtual cooking class!

We'll be preparing *yogurt parfaits with homemade granola and a warm fruit compote*. This recipe is perfect for a snack or breakfast, and you'll have extra to eat for a couple days afterwards.

The Bolton Council on Aging will be providing ingredient boxes that contain everything you need to cook alongside Chrissy in this workshop. The boxes will also contain a handout with the recipes and a list of recommended equipment (i.e. oven, baking sheet, etc.).

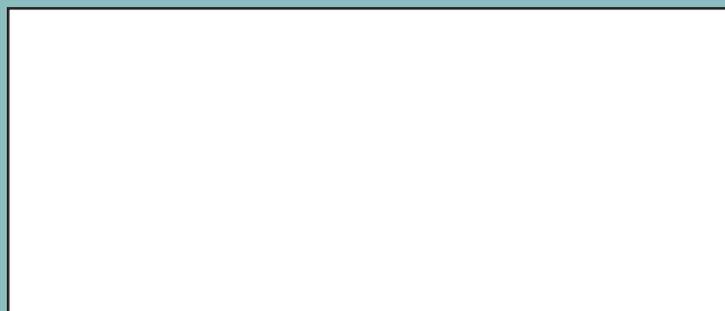
This class will take place on **January 11<sup>th</sup> at 10am** on Zoom (a live video platform). A link will be emailed out ahead of time to the Zoom meeting. On the 11<sup>th</sup>, you just need to click that link to join in. You can join from a computer or your phone – then grab your ingredients and get ready to cook together!

**To Sign Up:** Call or email Heather by January 8th. (978-779-3314 or [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com)) Space is limited, so sign up early!

**About the Host:** Chrissy Carroll is a Registered Dietitian with a Master's in Public Health Nutrition. She currently manages several food blogs and works with numerous food brands on recipe development, combining her expertise in nutrition with her love of cooking.



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## Have you been procrastinating? Do you have a Will or Estate Plan?

### JOHN J. COSTANZO, ESQ.

713 B Main Street, Bolton, MA 01740

Phone: 781-643-1070

Email: [JCOSTANZO@JOHNCOSTANZOLAW.COM](mailto:JCOSTANZO@JOHNCOSTANZOLAW.COM)

Website: [WWW.JOHNOCOSTANZOLAW.COM](http://WWW.JOHNOCOSTANZOLAW.COM)

- *Wills and Trusts*
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# FITNESS CLASSES



**Winter Fitness**— We have shifted to online fitness classes for the winter months. For the time being we will hold our classes via Zoom.

Wednesdays @ 10AM Zumba Gold® w/ Deb Oliva. Cost: Free!

Thursdays @ 10AM TaijiFit w/ Kris Higgins. Cost: Free!

Thursdays @ 11AM Silver Sneakers® w/ Kris Higgins. Cost: Free!

Please call or email Heather (978-779-3314 or [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com)) for the link to classes!

## Silver Sneakers® Classic

This class is designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

## Zumba Gold®

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy to follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepared to leave empowered and feeling strong!

## TaijiFit

TaijiFit incorporates Tai Chi, strength, balance, and stretching. It is a fun way to exercise. Coordination is not required, but a sense of humor is! This is a low impact, gentle class.



## A NOTE FROM OUR REP— KATE HOGAN



### Massachusetts Annual Budget Prioritizes Seniors

Just like a household's budget, the Commonwealth's annual budget reflects its spending priorities (after fixed or mandated expenses are accounted for). The FY21 budget that was passed last month prioritizes seniors in several ways. Following are highlights from the joint House and Senate version of the bill:

The FY21 budget recognizes that COVID-19 has been particularly hard on our elder population. It includes a significant additional investment of **\$58 million beyond the FY20 budget** on programs for aging adults, and adopts several important policies that will benefit older adults.

My colleagues and I have made a commitment over time to building a continuum of care so that older adults who choose to remain in the community, rather than live in a nursing home, will be able to do so. We voted to support this approach by making a **new investment of \$17 million for rate adjustments for home care services**. Additionally, we establish a commission to develop a **licensure process for home care agencies**, a move that will pave the way for ensuring quality home care. Also, there is now a requirement in the home care line item that a range of home care providers receive training to **ensure sensitivity to the LGBTQ community**.

The pandemic has heightened our awareness of the supports that aging adults need in order to live successfully in the community. With that in mind, the budget increases the appropriations for **geriatric mental health services, elder protective services, and supportive senior housing**.

The House Elder Affairs committee has heard testimony indicating that there seems to be transmission of the virus from individuals leaving hospitals when their care is concluded and returning to nursing homes. Therefore, we included a requirement that DPH issue a report on **preventing the transmission of COVID-19** from hospitals to nursing homes, in order to prevent future outbreaks.

This has been a difficult time for many of us, and my colleagues in the legislature and I have kept the welfare of our seniors on our minds as we listened to testimony, filed amendments, and considered the budget. If there's one silver lining coming out of the pandemic, it's that we have become more aware of human suffering and how to respond, while moving toward a public health care system that works for all.



*Kate*

**Contact Rep. Hogan:** My (virtual) door is always open. If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov).

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# MEDICARE & SHINE INFORMATION

## 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 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  
 Visit us at our Central Mass Website [www.shinema.org](http://www.shinema.org) for useful information and applications for various programs.

*\*For an appt. with our SHINE Counselor, call Heather (978-779-3314)*

# RESOURCES FOR SENIORS

- State resources: [www.mass.gov](http://www.mass.gov)  
 Alzheimer's resources: [www.alz.org](http://www.alz.org) (800-272-3900)  
 Unemployment: [mass.gov/unemployment/convid-19](http://mass.gov/unemployment/convid-19)

- Montachusett Home Care: [www.montachusetthomecare.org](http://www.montachusetthomecare.org) (978-537-7411)  
 MOC Nutrition (Meals on Wheels): 978-345-8501 ext 2

## Snow Removal Resources

The COA has a list of plowing companies and snow shovelers for hire.

If you are in need of snow removal, please reach out to Lisa or Heather.



## Grocery Shopping, Pharmacy Run & More...

If you find yourself needing groceries, the pharmacy, the post office, or any other errand, WE CAN HELP!

We can offer support and connect you to needed services and resources. We have a number of volunteers willing to pick up groceries, prescriptions, take in mail and help you navigate through any difficulties you might be experiencing. Please call us @ 978-779-3314, for help!

**Books To Go:** A great service for homebound Bolton residents. If you, or someone you know, would benefit from this FREE monthly book delivery program, please contact the Bolton Public Library for more information.

Call 978-779-2839 and speak to Kelly.



**Transportation:** The MART van is available for medical appointments & essential trips. To schedule a ride, please call 978-779-3314 at least 2 business days in advance.



Acton	\$3
Ayer	\$5
Berlin	\$1
Bolton	\$1
Clinton	\$1
Fitchburg	\$5
Harvard	\$2
Hudson	\$2
Lancaster	\$1
Leominster	\$3
Marlborough	\$3
Southborough	\$5
Sterling	\$3
Stow	\$2
Worcester	\$5

We have recently reviewed our MART Van Fee's and lowered most of them! Listed are the round trip prices.

There is a 2 rider MAX on the van, most rides are just one rider.

Masks are worn by the rider and driver at all times.

The van is thoroughly sanitized between each rider.

If you do not see a town listed, please call us for pricing info.

# FRIENDS OF THE BOLTON SENIORS

## **SENIOR ASSISTANCE FUND:**

FOBS provides funds to Bolton seniors in need for unforeseen or emergency assistance. No one should have to make the decision to sacrifice essentials such as food or medication because of a financial crisis or unforeseen expenses. If you or someone you know is in need, we can help. For more information contact Mary at 978 779-5145 or at [fobsma@gmail.com](mailto:fobsma@gmail.com).

## **FOBS is looking for assistance....**

Let us know if you know anyone who would like to join our board (it is truly only 11 meetings a year and then ad hoc support). Everyone is welcome, and we would especially like to see a couple of seniors.



## ALCOHOLICS ANONYMOUS

Are you worried about your drinking? If you want help, Alcoholics Anonymous offers a solution for all ages and living situations.

To speak with an AA member contact: Worcester Area Intergroup Helpline: 508-752-9000, staffed 24/7/365 or email [steps@aaworcester.org](mailto:steps@aaworcester.org) or Boston AA Central Service: 617-426-9444 Mon-Fri 9AM-9PM/ Sat, Sun & Holidays 12-9PM or go to [aaboston.org](http://aaboston.org) for more information.



# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



All virtual programs require pre-registration by either calling 978-779-3314 or emailing [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com) at least 24 hours prior to the event.

# JANUARY HAPPENINGS

## VNA NURSE VISIT

VNA Nurse will be available for *Wellness Checks* on *January 5th* from *9:30-11:30 AM* by appointment only. Call Heather at 978-779-3314 to schedule an appt!



## SONGBIRDS OF THE NORTHEAST

is a presentation featuring both photographs and recordings of our region's songbirds. The roll of song in these birds lives as well as their diet, social behavior, and other adaptations for survival are discussed. Participants also learn how to provide attractive habitats for songbirds. Join us on zoom for this fascinating presentation on *Tuesday, January 26th at 11AM.*



## JANUARY DRIVE THRU

*January 6th at 12:00PM* we will be at the Bolton Common for our monthly drive-thru event. This month we will be keeping you warm with our giveaway!

**ZOOM SOCIAL**— With just the click of a button, you can zoom with us on *Thursday, January 21st at 1PM* as we socialize, chat, and even discuss goals and resolutions for the new year! Call or email Heather to join the fun!!!

## VIRTUAL COOKING CLASS

Join culinary dietician Chrissy Carrol on *January 11th at 10:00AM* as you cook alongside her and make a yogurt parfait with homemade granola and warm fruit compote.



More information on this exciting class can be found on page 2.

## CREATING YOUR PSYCHOLOGICAL FIRST AID KIT FOR SURVIVING THE CORONAVIRUS WITH HENRY QUINLAN

In the coming months, there will be more stay at home time because of the winter and surging coronavirus. It is more important than ever to be prepared. Psychological first aid is designed to mitigate the effects of stress and anxiety that can be brought on by a lockdown as a result of the rapid spread of the coronavirus. It outlines the steps needed to maintain psychological equilibrium. Henry Quinlan is the owner & publisher of Omni Publishing Company. He has 40+ years of varied experience in publishing books, DVD's, newsletters and organizing online seminars. Henry will share this presentation with us on *Wednesday, January 13th at 1PM.*



## Bolton Access TV

Don't miss our prime time lineup of great local programming! Each week Bolton Access TV will be airing shows focused on Senior interests. If you have an idea for a topic, call or email Heather.

## SENIOR SPOTLIGHT

### January 3rd

3PM - FOBS Fire Safety  
4PM - AARP Interview w/ Dr. Caitlin



### January 10th

3PM - Bolton Historical Photos-Then & Now  
4PM - Senior Core & Balance

### January 17th

3PM - Bee Keeping 101 at Bolton Library  
4PM - Chair Yoga & Meditation

### January 24th

3PM - Learn Intermediate Macrame  
4PM - Tai Chi w/ Vince Ep. 2

### January 31st

3PM - Senior Protection Seminar— Stow COA  
4PM - Tai Chi w/ Vince Ep. 3

These programs can be found on **Comcast channel 8** or online at **BoltonAccess.TV** and clicking the "watch" tab.

## Learn about Phone Options for the Hard of Hearing

CaptionCall is a no-cost captioned telephone service that allows eligible people with hearing loss to read what a caller is saying - giving you the confidence and independence to use the phone again without worries. To be eligible for the service, you must have hearing loss that necessitates the use of captioned phone service. To learn more, please join our Zoom presentation on *Tuesday, January 19 at 10 AM*. Peter Johnson, will demonstrate the CaptionCall products, answer questions, and assist attendees who are hard of hearing with ordering the phone and services at the conclusion of the presentation.



**CaptionCall**  
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Bolton Senior Center  
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How many BIRDS can you spot in the newsletter?  
 Call or email Heather with your answer and be entered to win a prize!  
 Last Month *Gong-Jia Xing* won a gift card to Bolton Orchards! The correct answer was 23 Snowflakes!!  
 (978-779-3314 or hgoodsell@townofbolton.com)

# FUN FACT ABOUT BOLTON!

## Shoemakers Joseph and David Holder

Famous shoe designer Manola Blahnik said: “My shoes are special shoes for discerning feet.” The same could be said about the shoes made by Joseph and David Holder; and those discerning feet belonged not only to the local townspeople but also fashionable ladies from here and abroad. Operating out of a little unpainted shop on South Bolton Road in the early 1800’s, their excellent craftsmanship was so well renowned that wealthy women from Bolton and Lancaster were ordering their shoes. Mrs. S.V.S. Wilder, when residing in Paris, ordered shoes for herself and her Parisian friends; and when Captain Cleveland of Lancaster went to Havana as vice-consul, Mrs. Cleveland left the measure of her foot with one of the brothers, and every year packages of shoes went from Bolton to her and certain of her Cuban friends. Although their shoes were highly sought after, Friends Holder were not celebrities; as Quakers, they lived simple lives. Joseph Holder lived at 96 S. Bolton Road, and the shoe shop was at the west end of the house. Purchased by the Slade family in 1947, today the house is known as Charlotte’s House, a Bed and Breakfast owned and operated by Paul and Lyn Slade. Lyn, a talented needle felting artist, holds needle felting open studios at Charlotte’s House, and occasionally offers cooking classes in the kitchen.



Perhaps some of you have tasted Lyn’s fabulous cookies.



*Many thanks to Mary Ciummo and the Historical Society for this contribution!*

