

# SENIOR SCENE

WESTBOROUGH COUNCIL ON AGING

JANUARY 2021



## THIS MONTH:

- FUEL ASSISTANCE AVAILABLE
- GRAB 'N GO LUNCH
- INFO ON AARP TAXES

## OUR MISSION STATEMENT

The mission of the Westborough Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Westborough's Senior Citizens and their families.

## CONTACT US

### Address

4 Rogers Road  
Westborough, MA 01581

### Hours of Operation

Monday - Friday  
8:30 a.m. to 4:00 p.m.



(508) 366-3000



/Westborough Council on Aging



[town.westborough.ma.us/council-aging-senior-center](http://town.westborough.ma.us/council-aging-senior-center)

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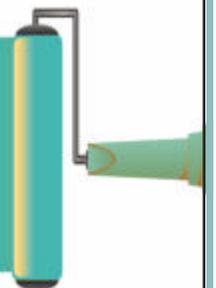
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# COUNCIL INFORMATION



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## OUR STAFF

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*Office Coordinator*

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*Volunteer Coordinator*

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*Mini-Bus Drivers*



## IMPORTANT PHONE NUMBERS

**BayPath Elder Services**  
**(508) 573-7200**  
**WRTA/PBSI**  
**(508) 752-9283**  
**Westborough Housing Authority**  
**(508) 366-1225**  
**Westborough Country Village**  
**(508) 366-9867**  
**Police (Business)**

**(508) 366-3060**  
**Fire (Business)**  
**(508-366-3040**  
**Town Clerk**  
**508-366-3020**  
**Selectman's Office**  
**508-366-3030**

# NEWS & UPDATES

## ABOUT THE SENIOR CENTER

On Thursday, December 3, after two weeks of investigating, the Senior Center was closed down by the Westborough Fire Department after finding several gas leaks throughout the building. This will come as no surprise to many of you who have complained about the gas odor in the building for a very long time. After several more days of thorough investigation, the problem was determined to be severe and since then, limited staff have been in the building for short periods of time. We have been told that the repairs will begin on Monday, January 11, and should take 2-3 days. There will need to be an inspection after that. It is our intent to go back to having limited staff in the building again, beginning Tuesday, January 19. We have done our best to keep up with phone calls and requests for equipment. The Mini-bus has been running and Meals on Wheels are being delivered. There will only be one Grab "n Go Lunch this month and no Dinner at the Back Door. If you need us, please call and leave a message. Someone will call you back. We apologize for any inconvenience and look forward to getting this problem fixed and finally put behind us.



**TREX Plastic Film Recycling Challenge**

**Kohl's Collection Schedule 9 - 10 am:**

November 21	December 5
December 19	January 2
January 16	January 30

**Bring recyclables to Kohl's back entrance, or look for Trex bins at our participating locations**

If you are bringing recyclables to Kohl's: Please use **13 gallon trashbags**

**What can be recycled?**

- Grocery Bag
- Dry Clean Bag
- Cereal Bag
- Bubble Wrap
- Plastic Shipping Envelope
- ZipLoc Bag
- Bread Bag
- Ice Bag

Poster by: Abby Mahr

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# NEWS & UPDATES

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## SMOC FUEL ASSISTANCE

Beginning November 1, we will be taking applications for the SMOC Fuel Assistance program for the upcoming heating season. Although the actual application process will be different, the documentation for applying will be the same. If you are a single person with maximum gross income of \$39,105 or less or a two person family with a maximum household income of \$51,137. you may be eligible for assistance. Documentation that you will need for a new application includes the following:

- \*Current copy of photo ID for head of household
- \*Social Security cards for all members of the household or proof of citizenship (birth certificates, passports or naturalization papers, green cards)
- \*Current Income Documentation for everyone over 18
- \*Housing Documents– mortgage, real estate tax bill, homeowners insurance, condo fee, current lease, tenant profile from the Housing Authority, lease signed showing agreement if heat is included in the rent.
- \* Copy of current heating bill and electric bill (both sides)

Beginning November 1, we will be mailing out the complete application packet. You will be responsible for filling it out and mailing or dropping it off at SMOC in Framingham. If you require assistance with filling it out, please let me know directly and we will work something out. I can also review your work and we can make copies here for you. Please call and we can set up a time to do this.

## DISPOSE OF YOUR MEDICATION PROPERLY

The CVS Store at 74 East Main Street now has a drop box for disposal of old or unused over the counter and prescription medications. It is important that any kind of medication be disposed of properly and not thrown in the trash or flushed down the toilet. You can drop medications off at CVS any time during regular store hours.



## AAPR TAX ASSISTANCE

Many of you have called and asked about the AARP Tax Assistance program for this year. We have been working with other Senior Centers in the area and the regional AARP to put a plan together that will allow you and the Tax Aides to be safe. It is our hope that this will be completed and approved by the beginning of February and we can schedule appointments shortly after that.

## PROPERTY TAX WORK PROGRAM

Again, we are working on a plan to provide a safe environment for those who are enrolled in the Town's Tax Work Program. We anticipate being able to roll it out in mid-February with a few changes. If you worked in 2020, you will receive credit for the hours that you worked and the credit will appear on your second quarter bill.

We apologize for any stress or concern these delays cause. We are working hard with all of our partners for these programs to make sure that everyone is safe!



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- Minimizing taxes during retirement
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- Structuring retirement plans to provide guaranteed income for life
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# — JANUARY 2021 CALENDAR —

Monday	Tuesday	Wednesday	Thursday	Friday
				1 New Year's Day
4	5 12:00 WalMart	6	7	8
11	12 12:00 Northboro Crossing	13	14	15
18 MLK Day	19 12:00 Christmas Tree Shoppe	20 11-12 Grab 'n Go Lunch	21	22
25	26 12:00 WestMed Plaza	27	28	29



## ABOUT VACCINES

The roll out of the Covid-19 vaccine has begun and there are lots of questions and concerns about them. We have received many calls, as had the Board of Health. You have all seen the pictures of the Phase one, Two and Three and how this is supposed to work. Our Governor and his administration have set up two websites to help you gather information. For information on the vaccine program you can go to:

<https://www.mass.gov/info-details/covid-19-vaccination-program>

For information on the vaccination distribution timeline, go to:

<https://www.mass.gov/info-details/when-can-i-get-the-covid-19-cvaccine>

On January 4, the distribution plan was updated to include individuals age 75+ to be included into Phase Two, also updated was individuals of any age with 2+ comorbidities would be covered in Phase One. These changes will take place sometime in February. Please remember that you will not ever, under any circumstances have to pay to get a vaccine.. The vaccine is not mandatory. For medical reasons or personal ones, you may choose not to get one. Please consider speaking with your doctor about your concerns. In the meantime, please continue to wear your mask, wash your hands and maintain social distance from people not in your household.

THE WINTER  
PARKING BAN FOR  
THE TOWN OF  
WESTBOROUGH  
GOES INTO EFFECT  
ON NOVEMBER 1 TO  
APRIL 1. NO  
VEHICLES MAY BE  
PARKED ON A PUBLIC  
WAY FOR MORE THAN  
ONE HOUR FROM  
11:00 P.M. TO 7:00 A.M.



## DEPRESSION SCREENING/AWARENESS

Free, confidential online mental health screenings are available now for any resident age 18 and over through Westborough Youth and Family Services. Screenings are available for depression, anxiety, substance abuse and other issues by logging on to:

<https://screening.mentalhealthscreening.org/westboroughyfs>

After completing the screening, you will be provided with a list of resources to assist you in following up with mental health services.

## A REMINDER FROM THE DPW

Please do not rake or blow leaves or shovel snow into the roadways! The Town does not pick up leaves and when the roads are blocked, it makes it more difficult for plows and other emergency vehicles to respond. Leaves can be taken to the dump if you have a dump or recycling sticker.

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## AND THERE'S MORE!

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### 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 (HMO'S, PPO'S) 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 2021, all the 27 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.

The SHINE program remains available for remote counseling and assistance. Call the Senior Center to be connected with our local SHINE Counselors.

### GRAB'N GO LUNCH

Wednesday, December 20-

Turkey Club Sandwich, mayo, chips, bottled water and a cookie

Cost for lunch is \$3.00. Reservations must be made by noon on Tuesday, January 19. Lunches can be picked up at the back door at the Senior Center. You need to have your ticket to pick up your lunch. You do not need to get out of your car, we will bring your lunch to you.

### DINNER @ THE BACK DOOR

Because of our situation with the building being closed, we will not have Dinner at the Back Door in January. It will return on February 8, with the Meatloaf Dinner and you can look forward to Corned Beef and Cabbage on March 15. These are complete dinners that include rolls and butter and dessert. Cost for dinner is \$7.00 and all reservations must be made and paid for by the preceding Wednesday. You must have your ticket to pick up your meal. Pull up to the back kitchen door at the end of the parking lot. You do not need to get out of your car, we will come out, get your tickets and bring your meal to you. All you need to do is take it home and enjoy!!



*“Laughter is a little vacation and a smile is a little curve that straightens everything out!”*

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# ODDS AND ENDS

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## **HAVE THE SENIOR SCENE DELIVERED TO YOUR HOME**

You can have the Westborough Senior Scene delivered to your home each month for \$6.00 each year. Just fill out the form below and return it to the Senior Center with your check for \$6.00. It's that easy!! Checks: Town Of Westborough

Yes!! Please send me the Westborough Senior Scene monthly!

**NAME** \_\_\_\_\_

—

**MAILING ADDRESS** \_\_\_\_\_

**TOWN, STATE, ZIP CODE** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_



The Senior Center, and all Town Offices, will be closed on Monday, January 18, in honor of Martin Luther King, Jr. Day. There will be no Mini-bus or Volunteer transportation and no Meals on Wheels that day. Please plan accordingly.

### **A NEW WAY TO GET AROUND WESTBOROUGH**

A new service is available in Westborough for local transportation. Service hours for VIA are Monday through Friday from 7:00 a.m. to 7:00 p.m. To create an account to use the VIA service download the Via app from the App Store or Google Play Store and follow the simple signup steps. If you don't have a smart phone, you can call 508-388-6620. Enter your pick up and drop off addresses and choose the ride option that works for you. Check the app and walk a short distance to your pick up spot. This service pairs riders traveling along the same routes and matches riders with the best vehicles for that shared journey. There is one wheelchair accessible vehicle. They will service the greater Westborough area as well as the Southborough and Westborough MBTA stations. After the initial period, rides will be \$2.00 and rides to and from the MBTA train stations will be \$1.00. Rides can be booked from anywhere in the service zone and a drop off address anywhere in that zone. Vehicles have limited capacity to ensure social distancing.

If you have more questions, you can email : [support-Worcester@ridewithvia.com](mailto:support-Worcester@ridewithvia.com) or call 508-388-6620



## ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron

*Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.*

### PLANNING TO STAY HOME

Most seniors, like my friends Frank and Mary, hope they can live in their home until they die. But hope is not a plan. Here are some tips:

- **Make your home safe.** The older you get the greater the risk that you might fall or hurt yourself. This could lead to hospitalization or, worse, having to move out of your home or pay for care at home. Many falls and injuries are preventable if you take steps to adapt your home to age safely. Contractors and other services can come to your home to make recommendations for how to make it safer. There is a special state-funded loan program, the Home Modification Loan Program (HMLP) that may lend you up to \$50,000 (often interest-free) to make improvements that make your house safer.
- **Make sure you have the money to stay home.** Take a hard look at your income and expenses to determine how you can make them last. A couple of suggestions:
  - Depending on your income, you may be able to defer real estate taxes until you die or sell the house. Talk to your local assessors about that. While the taxes will have to be paid eventually, and will reduce the proceeds that will go to your beneficiaries after you die, you worked hard for your home, so now you can use it to stay in it.
  - Consider a reverse mortgage, which is like a line of credit on which you owe no interest unless you use it and, even then, only after you die or sell the house. Getting that reverse mortgage in place now is a handy way to make sure you have cash for home repairs, home care, or whatever will keep you at home.
- **Learn about programs that can help you.** Do this before you need them. The first place to go is the senior center. The next place is BayPath Elder Services. There are great programs available to help you exercise, eat right and stay healthy, as well as programs to help you find help with shopping, cleaning, and much more. Many of these programs are available to all seniors, regardless of their asset situation.

It's February. You're stuck inside because of COVID-19. Now is a great time to do planning that will keep you at home. I will be discussing staying at home in more depth during this month's elder law virtual seminar, which can be watched on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), and on your local cable station, Westborough TV (Verizon 24, Charter 191), along with Frank and Mary in Westborough, where my co-host, Shelby Marshall and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).

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## SENIOR SCENE

### Westborough Council on Aging

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Westborough, MA 01581  
(508) 366-3000

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goes here

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## PLEASE NOTE

Every effort is made during the writing and production of our newsletter to assure the accuracy of the information in it. There are times when we inadvertently leave something out or make an error or the information has changed after we have already gone to print. Please always feel free to contact the Senior Center if you have any questions regarding a program or event.

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## CELEBRATE IN JANUARY:

- \*National Skating Month
- \*Oatmeal Month
- \*International Gourmet Coffee Month
- \*Fiber Focus Month
- \*National Hot Tea Month
- \*National Eye Care Month

