



THE SILVER SPIRIT



Barre/Hardwick Senior Center/Council on Aging
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 Notary Public, MCOA Certified Director, ServSafe Certified
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Please note: Our mailing address is:
 40 West Street, Suite 433
 Barre, Massachusetts 01005

February ~ 2021
 Volume 4, Issue 2
 Hours of Operation:
 Monday –Friday 9:00—3:00

**New Event-every Monday
 and Friday at 11-Stretch
 and Energize**

THE MISSION OF THE BARRE COUNCIL ON AGING

The Mission of the Barre Council on Aging: Identify the needs of elders in the community. Educate the community and enlist the support and participation of all citizens to meet the needs of elders. Design, advocate, and/or implement services to fill these needs, or coordinate existing services. Cooperate with the Massachusetts Executive Office of Elder Affairs and the Central Massachusetts Agency on Aging and be cognizant of state and federal legislation and programs regarding elders.

DINNER—Unfortunately, due to lack of interest, we need to cancel the Grab-N-Go Dinner that was to take place on 12th of February here at the Center. Sorry for any inconvenience. Thank you to those that were interested. We hope to try again soon, watch for news.

**Barre SHOTS-75 and older —If you would like to register for the COVID-19 Shots-Please call me at 774-764-8702 or you can contact the Board of Health at 978-355-2504-ex 117 or email at boardofhealth@townofbarre.com —at that that point I will assist you with registering for the shot and setting up a time for your visit. This may take a few minutes so please be patient. Please have ready, your name, date of birth, and address. This will be held at the Legion on 2/17/2021, from 11-3 but the supply is limited but more are being ordered. So if you do not get an appointment this time, it will be the next round of shots.
 Hardwick shots—75 and older —Sign Up is required and will be given on the 12th—call the Board of Health to set up your appointment.**

Dear Barre and Hardwick Residents,
 I hope this finds folks doing well. I am sure you have questions regarding the COVID-19 Shots. The Note above provides some information regarding the sign-up and the shots, this information is constantly changing. There are currently a limited about of shots available to each vaccination site. Sign-up is required and appointments will need to be made either through me or the Board of Health. This is for folks that are 75 years old or older. This is to help folks that do not have a computer or internet or an email address or if you are even unsure of how to do this, I am here to help sign-up but I am also only one person so please be patient.

**New Event—starting on February 8th every Monday and Friday at 11:00 Stretch & Energize. This will start with a slow stretching then move into a grove activity. Should be fun and gets you out of the house. Let us know if you would like to attend. We also want to welcome back Coffee with an Officer held on the first Thursday of every month. Stop by and meet you officers that provide assistance to those in need.
 Regards, Eileen, Director—774-764-8702**

Information, Services and Resources

Dial-A-Lawyer: Free Legal Advice by Phone for Elders—The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. On the first Wednesday of every month, from 5:30 – 7:30 p.m., attorneys are available at **(617) 338-0610** or **(877) 686-0711** to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

Blue Cross/Blue Shield is offering seminars—Go to <https://medicare.bluecrossma.com/> or call the number below. To help slow the spread of COVID-19 (coronavirus), we're temporarily suspending all in-person Medicare seminars. In the meantime, we now have three ways for you to learn about Medicare: 1) Register for a Live Online Seminar 2) Register for a Live Online Q&A Session 3) Watch a Pre-Recorded Online Seminar at Anytime-Presentation in Spanish available on Tuesday, February 2nd

Register for a Live Online Seminar
Select from one of the following dates to join a live online seminar hosted by one of our Medicare experts. If you have specific questions about enrolling in our Medicare Advantage or Supplemental products, you can register and join our Question and Answer session to get your questions answered by our Medicare Senior Outreach Consultant experts.

Register below, or call 1-800-262-BLUE (2583) (TTY: 711) 7:00 a.m.–12:00 a.m., seven days a week (excluding holidays).

Keith Aubin from Integrity Medicare Advisors will be here on every other Monday. Every year you have the option of changing your health coverage, IF you do not know if you have enough coverage or need help picking a plan, Keith is going to be the one to speak with. He is a Licensed Medicare Advocacy Advisor and will be able to steer you in the right direction. This is a free service and you don't need to do this alone. It can be very overwhelming and help is available for you. Sign up is required due to the limiting space issues. Call me today to reserve your space, 774-764-8702.



Do you struggle with applications? Give me a call and I can assist you with it. MassHealth, Insurance, SNAP, Fuel Assistance, or any other type, give me a call and I can either meet with you in person or we can try over the phone to complete your applications. Many can be difficult to complete and some of the information may not apply to you.



SNAP —If you are having trouble applying for or keeping your Supplemental Nutrition Assistance Program (SNAP) benefits, the Department of Transitional Assistance's SNAP outreach unit can help.

The Department of Transitional Assistance (DTA) has a SNAP outreach unit that can help you if you are having trouble applying for or keeping your **Supplemental Nutrition Assistance Program (SNAP) benefits**. Our SNAP outreach unit can work with you, your **local Transitional Assistance office**, and community organizations to help you get and keep SNAP benefits.

What is SNAP outreach? SNAP outreach is a joint effort between the Department of Transitional Assistance (DTA) and local agencies and community organizations. DTA has nearly 80 SNAP outreach partners.

Outreach partners can help you:

- Complete your SNAP application, interim report and recertification
- Understand the application process
- Gather and submit required verifications

Remain eligible for SNAP by helping with the recertification process —**How do I find help?** You can find help by contacting a local SNAP outreach partner. The Senior Center is a Partner.



Funding Sources: BCOA receives funding by:

- Donations received through area business and individuals
- Donations received through the Senior Buddies organization
- Grants, the largest being an annual grant given by the Executive Office of Elder Affairs in Boston where a dollar amount is given per senior in town
- Local tax dollars appropriated at the Annual Town Meeting

February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8	9	10	11 10.00—Bingo	12
15 Closed for President's Day	16	17 Shots at the Legion from 11 to 3—appointments required	18 10.00—Bingo	19 11-Stretch & Energize
22 11-Stretch & Energize	23	24	25 10.00—Bingo	26 11-Stretch & Energize
March 1 11-Stretch & Energize	2	3 1.00-COA Board Meeting	4 9.00 Coffee With an Officer 10.00—Bingo	5 11-Stretch & Energize
8 11-Stretch & Energize	9	10	11 10.00—Bingo	12 11-Stretch & Energize

COA Wish List: Individually wrapped candy, monetary donations, and yard tools of all types. Clean reusable containers of all sizes

Our Senior Buddies Group provides support for extra programs, events, and entertainment. They provide and raise funds to help supplement these events. If you would like to support our Senior Buddies Group, you can by volunteering. They also have other events they do, support their 50/50 raffle, bake sales, and other fund raising events. Stop in to join the group and help out during events. And thank you for your support!



Seniors on the Go!

In Memorial or in Honor of Donations

Donation Amount \$ _____ Date: _____

Please Print

Donor's Name: _____

Address: _____

Please Circle: In Memory or In Honor

In honor of/In memory of:

Name: _____

Both would be recognized in the Silver Spirit Newsletter.

THANK YOU for your donation in Memory/Honor of your loved one!!

Please make checks payable to: The Barre Council on Aging.

Return to: Barre Senior Center

40 West Street, Suite 433

Barre, MA 01005

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

JOKES

1. There's a fine line between a numerator and a denominator. (...Only a fraction of people will get this clean joke.)
2. What do dentists call their x-rays? Tooth pics!
3. Did you hear about the first restaurant to open on the moon? It had great food, but no atmosphere.
4. What did one ocean say to the other ocean? Nothing, it just waved.
5. Do you want to hear a construction joke? Sorry, I'm still working on it.
6. Did you hear about the fire at the circus? It was in tents!
7. Why do ducks have feathers? To cover their butt quacks!
8. What's the difference between a hippo and a zippo? One is really heavy and the other's a little lighter.
9. What does a nosey pepper do? It gets jalapeño business.
10. Why should you never trust stairs? They're always up to something.
11. When does a joke become a 'dad' joke? When it becomes apparent.
12. Why did the bullet end up losing his job? He got fired.



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