



# THE SILVER SPIRIT



Barre/Hardwick Senior Center/Council on Aging  
 557 South Barre Road  
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 Eileen Clarkson, HS-BCP, CDP, MS, MPA—Director  
 Notary Public, MCOA Certified Director, ServSafe Certified  
 Email-coa@townofbarre.com—Facebook-https://www.facebook.com/barre.coa

**Please note: Our mailing address is:**  
 40 West Street, Suite 433  
 Barre, Massachusetts 01005

October ~ 2020  
 Volume 3, Issue 10  
 Hours of Operation:  
 Monday –Friday 9:00—3:00

**Prepare for Open Enrollment—On October 15th, starting at 1:00,** come here what your insurance options are from a qualified person that will help you to navigate your options. Sign up is required due to the capacity limits. You don't want to miss this event.

### THE MISSION OF THE BARRE COUNCIL ON AGING

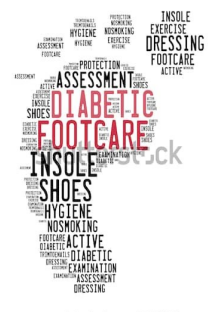
The Mission of the Barre Council on Aging: Identify the needs of elders in the community. Educate the community and enlist the support and participation of all citizens to meet the needs of elders. Design, advocate, and/or implement services to fill these needs, or coordinate existing services. Cooperate 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.

**FLU (high dose) & PREVNAR 13 (pneumococcal) SHOTS by WALGREENS Pharmacy—October 13 from starting at 10.** Sign up is required. Appointments are required and please bring your insurance information with you.

**TAI CHI is at 12:45 & 1:30** Every Monday, Wednesday, and Friday. Payments have changed. It will be \$2.00 per class. Two Classes, one for advanced folks and one for new folks. Join us for some relaxation and strengthening. The advanced class will start at 12:45 and the newer folks will start at 1:30. Check it out and see how this technique works and you may be surprised, it might work for you.



**Great News—the Foot Care Podiatrist Nurse** is here on October 1st. Appointments are filling up fast, call today to book yours. You don't want to miss this, be sure to have your feet taken care, they are important to your walking.



Dear Barre and Hardwick Residents,  
 There is a **Flu and Pneumonia shot clinic on October 13th** and insurance card will be needed and appointments will need to be scheduled to adhere to the social distancing and gathering size limitations.

**Bingo is starting on Thursday, October 22nd,** please see page 2 for the detailed changes that need to take place, any questions, feel free to contact me.

The **Nurse Podiatrist will be here on October 1st** and appointments are booking up fast, call to book yours.

**Open enrollment is here,** this is the time to change your health plan if you find it is not working for you. Keith will be here **October 15th at 1:00 for a seminar** to go over the changes to plans and how they may affect you. You don't want to miss this. Call to reserve your seat. Please see page 2 for more details.

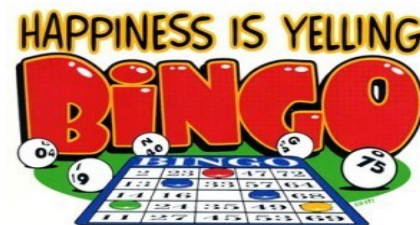
Enjoy your Columbus Day and Happy Halloween.

Regards, Eileen, Director—774-764-8702



## Information, Services and Resources

As we fall into October and things are changing and so are we. We are now able to have 4 (four) to a table, sitting without masks while you are eating or drinking, however, when you are walking around, please put your mask on. Be sure to sanitize your hands when you enter at the desk, there are 2 (two) options to sanitize. I am working on a slow reopening, Bingo will be back on Thursday, October 22nd starting at 10:45 till done. And going forward Bingo will be every Monday, starting at 9:00 and every Thursday starting at 10:45 after coffee hour. We will be using paper cards that will be disposed of at the end of the games, if you have a dauber, please bring it with you. You will receive a packet of playing cards and a dauber if you do not have one (which will need to be returned). A packet of cards (3 (three) to sheet) will be enough for 10 games (so that is 10 sheets with 3 Bingo squares on the sheet) and will be \$6.00 for the packet and a single sheet for a game of your choice. Extra packets may be purchased with a limit of 5 sheets per game.



Keith Aubin from Integrity Medicare Advisors will be here on **October 15th for Open Enrollment**. 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. You don't want to miss this. Sign up is required due to the limiting space issues. Call me today to reserve your space, 774-764-8702.



Below are the options for seniors to renew by appointment:

If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location.

Visit [aaa.com/appointments](http://aaa.com/appointments) to schedule your visit.

If you are not a AAA member, visit [Mass.Gov/RMV](http://Mass.Gov/RMV) to make a reservation to renew at an RMV Service Center. Select the Seniors License Renewal option on the Make/Cancel a Reservation transaction.

Email the RMV for assistance to renew at [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us) email address.

Call the RMV at 857-368-8005.

**SNAP outreach partners**—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


**OCTOBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9-10:30 COFFEE <u>9:00-Foot Care Podiatrist</u>	2 12:45 TAI CHI
5 12:45 TAI CHI	6 9-10:30 COFFEE 9:00-Painting	7 9:00-Quilting Group 12:45 TAI CHI	8 9-10:30- COFFEE	9 12:45 TAI CHI
12 Closed for Columbus Day	13 9-10:30-COFFEE 9:00-Painting <u>10.00-FLU Shots</u>	14 12:45 TAI CHI 9:00-Quilting Group	15 9-10:30- COFFEE <u>1:00-Open Enrollment Seminar</u>	16 12:45 TAI CHI
19 12:45 TAI CHI	20 9-10:30 COFFEE 9:00-Painting	21 12:45 TAI CHI 9:00-Quilting Group	22 9-10:30 COFFE 10.45-Bingo	23 12:45 TAI CHI
26 9.00-Bingo 12:45 TAI CHI	27 9-10:30 COFFEE 9:00- Painting	28 12:45 TAI CHI 9:00-Quilting Group	29 9-10:30 COFFE 10.45-Bingo	30 12:45 TAI CHI

**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. The next Dial-A-Lawyer is Wednesday, September 2, 2020.

In Memory of Guy Coppolino—Kathy Inman,  
In Memory of Catherine “Kay” Murray—Kathy Inman, Daisy Widing, Gary Simeone, Catherine Miknaitis, Bernice Miller, William Robonison, Dina Leavitt, Ann Meilus.

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**

**NEWS FROM SHINE FOR SEPTEMBER 2020—IMPORTANT MAIL ABOUT YOUR DRUG AND HEALTH PLANS!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2021**.

**Your plan premiums, deductibles, copays, providers and covered drugs may change significantly!**

This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will not be doing on site presentations at senior centers. We will make presentations available on our website, [www.shinema.org](http://www.shinema.org), and also through your local cable channel.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to CHANGE your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local senior center and ask for a SHINE appointment. Remember you can contact us at the regional office: 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back.

Together, we can ensure  
that our community receives the  
resources it needs.

United States®  
**Census**  
**2020**

Learn more at [2020census.gov](http://2020census.gov).

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.

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Don't forget to use your Farmers Market coupons by the end of October, if you don't, they reduce the number that is received next year!! Use them or loose them!!!

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**We welcome you back to a slow Reopening.**