



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

November ~ 2020
 Volume 3, Issue 11
 Hours of Operation:
 Monday –Friday 9:00—3:00



Enjoy your Holiday!!

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.



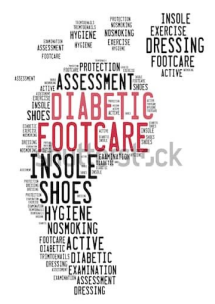
Veteran's Day is November 11th, remember those who served, call them, visit them, text them, email them, or zoom them and say thank you for your service.



Get your
 Flu Shots

VNA Care will be here to provide a Blood Pressure clinic and a Flu Clinic on November 5th starting at 9:00. Please sign up for the Flu Clinic so that they can prepare for the amount of shots needed. You will need your insurance card.

Great News—the Foot Care Podiatrist Nurse is here on **November 5th**. 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,
 Don't forget to vote! As a reminder, early voting is done at the Woods Building, **not** at the senior center. Please call the Town Clerk for questions. November 3rd is voting at the Center.

We are closed on November 3rd for elections, 11th for Veteran's Day, the 25th, 26th, 27th for Thanksgiving. Enjoy your holiday, be sure to check on folks, see if they want to join you for a meal or to have pie. We are all in the same situations with this pandemic, let us try to not forget those around us who may be having some loneliness going on.

We are having flu shots on the 5th, be sure to sign up so that they can prepare for the amount of shots needed.

Open enrollment ends in December, be sure you have the right plan for you, if you need assistance with this process, we have folks that can assist you in picking the right plan to meet your needs, call for an appointment today. Keith is here every Monday until enrollment ends in December.

Regards,
 Eileen, Director—774-764-8702

Information, Services and Resources

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 is back on Thursday 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 **every 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. 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.



Social Security is [funded by a payroll tax](#) of 12.4 percent on eligible wages — employees pay 6.2 percent and employers pay the other 6.2 percent (with self-employed workers paying the entire 12.4 percent). Next year, the maximum amount of earnings subject to the Social Security tax will increase to \$142,800 from \$137,700. The money paid in by today's workers goes to cover current benefits, with any excess going into the Social Security trust fund. Because of the growing number of Social Security beneficiaries — and, in part, a decrease in payroll taxes collected because of [pandemic-driven job losses](#) — the Social Security system is facing increased stress. In their annual report, Social Security's trustees estimated that the trust fund for retired workers and their survivors will run short of money in 2034. A more pessimistic forecast from the Congressional Budget Office estimated that the reserves in the trust fund for retired workers and their survivors will be [depleted in 2031](#). Even at that point, over three-quarters of benefits could still be paid out from incoming payroll taxes.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-Bingo 12:45 TAI CHI	3 CLOSED FOR ELECTIONS	4 9:00-Quilting Group 12.30-Pinnacle 12:45 TAI CHI 1.00-COA Board Meeting	5 9-10:30 COFFEE 9:00-Foot Care Podiatrist 10.45—BINGO 9:00 Flu CLINIC 9:00 B/P Clinic	6 12:45 TAI CHI
9 9:00-Bingo 12:45 TAI CHI	10 9-10:30 COFFEE 9:00-Painting	11 CLOSED FOR VETERAN'S DAY 	12 9-10:30- COFFEE 10.45—BINGO	13 12:45 TAI CHI
16 9:00-Bingo 12:45 TAI CHI	17 9-10:30-COFFEE 9:00-Painting	18 9:00-Quilting Group 12.30-Pinnacle 12:45 TAI CHI	19 9-10:30- COFFEE 10.45—BINGO	20 12:45 TAI CHI
23 9:00-Bingo 12:45 TAI CHI	24 9-10:30 COFFEE 9:00-Painting	25 CLOSED FOR Thanksgiving	26 Closed for Thanksgiving 	27 Closed for Thanksgiving
30 9:00-Bingo 12:45 TAI CHI	DEC 1 9-10:30 COFFEE 9:00- Painting	2 9:00-Quilting Group 12.30-Pinnacle 12:45 TAI CHI	3 9-10:30 COFFEE 9.00 B/P Clinic 10.45-Bingo	4 12:45 TAI CHI

November 2020

In Memory of

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

Medicare Open Enrollment Ends December 7th!!

It is important to review your options EVERY year to be sure your insurance coverage is still the best for your needs. Open enrollment is the time you can change your medical and or prescription drug coverage for 2021. Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

THIS YEAR WE ARE STRONGLY URGING ALL BENEFICIARIES, TO SIGN UP FOR A "MyMedicare Account". HAVING THIS ACCOUNT WILL ALLOW US TO ASSIST YOU MORE COMPREHENSIVELY WITH YOUR CHOICES FOR 2021. INFORMATION ON SIGNING UP IS AVAILABLE ON OUR WEBSITE www.shinema.org. JUST CLICK ON THE **MYMEDICARE** LINK.

JOKES

- You know why you never see elephants hiding up in trees? Because they're really good at it.
- "What's the difference between a guitar and a fish?" "You can't tuna fish."
- What is red and smells like blue paint? Red paint.
- What do you call an alligator in a vest? An Investigator.
- What do you call a pile of kittens A meowntain.
- Where does the General keep his armies? In his sleeves!
- What happens if you eat yeast and shoe polish? Every morning you'll rise and shine!
- Why aren't koalas actual bears? The don't meet the koalafications.
- What do you call bears with no ears? B.
- Did you hear about the hungry clock? It went back four seconds.



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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