



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

January ~ 2021
 Volume 4, Issue 1
 Hours of Operation:
 Monday –Friday 9:00—3:00

Some of our programs have changed, please check the calendar to see what is being offered at this time.

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.

Thank you to all those folks that volunteer during the Senior Dinner in December. It was a community effort and your help was truly appreciated and was enjoyed by all. THANK YOU!!



If you are interested in a Grab and Go meal please reach out to me and we will see what we can do to make it work. If you are struggling with cooking or getting out to the store, this would a great opportunity to receive a meal. The meal could be anything from a hot dog to pasta to chicken. The meals would come from Elder Services Of the Worcester Area. It could be once a month to once a week to five times a week but it is something I can work on once I hear from you and work out the details.

Dear Barre and Hardwick Residents,
 I hope everyone had a great holiday season and Happy New Year.
 We are looking for folks to become associate members for either Barre or Hardwick Council on Aging. If you have a few hours a week or a month, we want you!! The role is not difficult and can be fun. If you are looking for something to do, call me and we can talk.
 Be sure to check out the calendar to see what events are taking place. Some are not and other are.
 We will be working having another dinner however it will be cooked here and will be a grab and go. That means folks would need to sign up by February 8th and come here to pick up the meal on February 12th starting at 11.30. You can enjoy it at your home. This will be a pasta dinner with pasta, meatballs, sausage, salad, and desert. Donations welcome, but not required. To reservice your meal, call 774-764-8702 and the deadline is the 8th.
 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.



Integrity Medicare Advisors
Medicare Made Easy

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

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21 10.00—Bingo	22
25	26	27	28 10.00—Bingo	29
February 1	2 9.00-Painting	3 1.00-COA Board Meeting	4 10.00—Bingo	5
8 Deadline for Grab and Go Lunch-pick up starting at 11.30	9 9.00-Painting	10	11 10.00—Bingo	12 Grab & GO Lunch-Pick up starting at 11.30-sign up required by the 8th
15 Closed for Martin Luther King Day	16 9.00-Painting	17	18 10.00—Bingo	19



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. 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.

JOKES

On the phone with my 93-year-old brother in Wisconsin, and I told him I thought it was time he paid someone to shovel snow for him. He suddenly grew indignant. "Why should I pay someone to shovel?" he demanded. "I can get my son to do it. He's only 70!"

After my 91-year-old mother finished having her hair cut and shaped, the stylist announced, "There, now you look ten years younger." My mother, un-impressed, replied, "Who wants to look 81 years old?"

Q. How are stars like false teeth? A. They both come out at night!

An old guy walks into a bar and the bartender asks for ID. "You've got to be kidding," he said. "I'm almost 60 years old." The bartender apologized, but said he had to see the license. The guy showed his ID, then paid and told the bartender to keep the change. "The tip's for carding me," he said. The bartender put the change in the tip cup. "Thanks," he said. "Works every time."



At the restaurant, a sign read "Karaoke Tonight!" Grandma studied it before asking, "What kind of fish is that?"

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I have  *a dream...*