



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

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



Don't get
 fooled to
 many times

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.

Join us for Coffee with an Officer every First Thursday of the Month, next April 1st, starting at 9:00. Stop by and get to know your community officers, each month is a different officer. Pastries are served and of course coffee.

SHOTS—Please be patient as appointment for the shots do fill up quickly and are very limited. If you need help to sign up, I can assist, but there is a waiting list for sign up and there are only so many appointments available. This can be very frustrating but please bear with me.

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

Dear Barre and Hardwick Residents,
 As we navigate through the shots and folks become vaccinated, we will start to increase our events. Be sure to keep an eye out for what is going on and being added. Meals however may not be taking place until next year, if that changes we will be sure to let you know. We are however going to be planning a dinner for April so be on the watch for news about that event. Thank you for your patients.
 Coffee with an officer is now going on, stop by to meet them, every first Thursday at 9:00. Pinnacle is every Wednesday starting at 11:30, on March 24th. The more player the merrier.
 We also have stretch and energize, every Monday and Friday starting at 11:00. We will also be starting cornball. Watch for news on this event.
 Please feel free to reach out to me if you have any questions about any of the events or the shots.

Regards, Eileen, Director—774-764-8702

Information, Services and Resources

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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

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
15 11-Stretch & Energize 16		17	18 10.00—Bingo	19 11-Stretch & Energize
22 11-Stretch & Energize 23		24	25 10.00—Bingo	26 11-Stretch & Energize
29 11-Stretch & Energize 30		31	April 1 9.00 Coffee With an Officer 10.30—Bingo	2 11-Stretch & Energize
April Fools Day				



THANK YOU TO: Stanley and Kathy Mikniatis for their donation in memory of Michael Watson.

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

What is a transition fill at the Pharmacy? “A drug that I need to take is not on my Part D prescription drug plan’s formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?” A transition refill, also known as a transition fill, is a onetime, 30-day supply of a drug that you have been taking and is now not covered by your prescription drug plan. Transition fills let you get temporary coverage for drugs that are not on your plan’s formulary or that have certain coverage restrictions (such as prior authorization or step therapy). Transition fills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage. All stand-alone Prescription Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in certain circumstances. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to covered drug or file an exception request with the plan. **DON'T FORGET YOU MAY QUALIFY FOR BENEFITS UNDER THE MEDICARE SAVINGS PROGRAM!!!** Remember! Income and Resource limits to qualify for the Medicare Savings Program will be changing in March. Please check our website www.shinema.org in early March for details on this very valuable Program

JOKES

Scene: A sports store. Customer: Do you have jogging shorts? Me: We have running shorts. How fast were you planning on going?

When my local barista handed me my change, one coin stood out. “Look at that. You rarely get one of these old wheat pennies nowadays,” I said, tapping the sheaf-of-wheat design. I handed her the penny. Turning it over and over in her hand, she said, “You know, I always thought they were made of copper.”

Two ships collided. One was carrying a load of red paint, the other a load of blue paint. All the passengers were marooned.

Q: What do you call four bullfighters in quicksand? A: Quattro sinko.

Ed: The same bike tries to run me down every day. Fred: Sounds like a vicious cycle...

Q: What kind of jokes are told on a farm? A: Corny ones.

Q: What did the left eye say to the right eye? A: Between you and me, something smells.



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