



# 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

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

**GREAT NEWS—TAI CHI WILL RESUME ON SEPTEMBER 21 at 1:00.** Payments have changed. It will be \$2.00 per class. Join us for some relaxation and strengthening.



**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—In October. Sign up is required. Appointments are required and please bring your insurance information with you. Watch for the date in October’s newsletter.

**REOPENING-OPEN HOUSE—On September 8th, at 9:00 am we will be having a coffee hour until 10:30 am on Tuesday and then on Thursday, September 10th, from 9:00 to 10:30.** Join us for coffee and light refreshments!! Sign-up is required as we are limited on the number of folks that can be in the building at one time. Please, wear your mask in, if you do not have one, one will be provided, sanitize your hands upon entering, sign-in, and take a seat and enjoy. Limit of 3 folks per table and 6-feet of social distancing. When in the building masks need to be worn. Sign up is required for all events as there is a gathering size limitation.

Dear Barre and Hardwick Residents,  
 There is a **Flu and Pneumonia shot clinic in October** and insurance card will be needed and appointments will need to be scheduled to adhere to the social distancing and gathering size limitations.  
**We are pleased to start the process of a slow Reopening.** While we go through the phases of the reopening process, please adhere to the building and state guidelines on hand sanitation when entering, masks being worn when in the building, and the 6-foot social distancing. There is a limit of 3 persons to a table.  
 Please remember to complete you census, if you need assistance with this, please let me know how I can help.  
 As events increase, please be sure to sign up for the events you wish to attend, this is important as it will allow us to have the programs but I have to adhere to the Reopening plan guidelines, thank you in advance.  
 We welcome you back and hope to have some great events for you to attend and looking forward to seeing you all again.  
 Regards, Eileen, Director—774-764-8702

## Information, Services and Resources

**What is an Order?** The Governor issued an order requiring face masks or cloth face coverings in public places where social distancing is not possible. To be clear, an order is a declaration, similar to acts and statutes enacted by legislatures, and a governor's orders (also referred to as executive orders) which carry the weight and enforcement power of law. If you read the [order](#), you will see that it contains enforcement language stating that people who don't comply can face a fine of up to \$300.

**What is an Advisory?** By legal definition, an advisory is counselling, suggesting, or advising. In other words, an advisory is the giving of information and often recommending action to be taken; having or consisting in the power to make recommendations but not to take action enforcing them.

**What is Guidance?** Administrative guidance is non-binding advice given by an state or state agency to the public regarding how best to comply with a particular order, law or regulation.

**Complete Count:** A robust field data collection operation will ensure we receive responses from households that have not yet self-responded to the 2020 Census. **We will improve the speed of our count** without sacrificing completeness. As part of our revised plan, we will conduct additional training sessions and provide awards to enumerators in recognition of those who maximize hours worked. We will also keep phone and tablet computer devices for enumeration in use for the maximum time possible. **We will end field data collection by September 30, 2020.** Self-response options will also close on that date to permit the commencement of data processing. Under this plan, the Census Bureau intends to meet a similar level of household responses as collected in prior censuses, including outreach to hard-to-count communities. **Accurate Data and Efficient Processing:** Once we have the data from self-response and field data collection in our secure systems, we plan to review it for completeness and accuracy, streamline its processing, and prioritize apportionment counts to meet the statutory deadline. In addition, we plan to increase our staff to ensure operations are running at full capacity. **Flexible Design:** Our operation remains adaptable and additional resources will help speed our work. The Census Bureau will continue to analyze data and key metrics from its field work to ensure that our operations are agile and on target for meeting our statutory delivery dates. Of course, we recognize that events can still occur that no one can control, such as additional complications from severe weather or other natural disasters. **Health and Safety:** We will continue to prioritize the health and safety of our workforce and the public. Our staff will continue to follow Federal, state, and local guidance, including providing appropriate safety trainings and personal protective equipment to field staff. The Census Bureau continues its work on meeting the requirements of [Executive Order 13880](#) issued July 11, 2019 and the [Presidential Memorandum](#) issued July 21, 2020. A team of experts are examining methodologies and options to be employed for this purpose. The collection and use of pertinent administrative data continues. **We are committed to a complete and accurate 2020 Census.** To date, [76.5% of housing units have been accounted for](#) in the 2020 Census, with 12.1% counted by census takers and other field data collection operations, and 64.4% of housing units responding online, by phone or by mail. Building on our successful and innovative internet response option, the dedicated women and men of the Census Bureau, including our temporary workforce deploying in communities across the country in upcoming weeks, will work diligently to achieve an accurate count.

Eating fruits and vegetables each day is important for your health. The Healthy Incentives Program (HIP) helps SNAP clients buy more fruits and vegetables for their household. SNAP benefits can be used at participating HIP retailers to buy fruits and vegetables. SNAP clients will receive \$1 back on their EBT card for each dollar spent on eligible fruits and vegetables, up to a monthly limit. Our HIP retailers include approved farmers markets, farm stands, mobile markets, and community supported agriculture (CSA) farm share programs. **Important:** You must have a SNAP balance to earn the HIP incentive benefit. Your monthly cap is based on your household size. 1-2 Persons—\$40.00 cap, —3-5 persons-\$60.00 cap—this is an extra benefit that you can take advantage of. Your receipt will show you the amount of your HIP incentive benefit after each eligible purchase. This amount will be credited back to your SNAP account. Use this extra benefit right away or save it for another shopping trip.



**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

**SEPTEMBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7 LABOR DAY CLOSED	8 9-10:30 REOPENING OPEN HOUSE COFFEE HOUR	9	10 9-10:30 REOPENING OPEN HOUSE COFFEE HOUR	11
14	8 9-10:30 COFFEE HOUR	16	17 9-10:30 COFFEE HOUR	18
21 1:00 TAI CHI	22 9-10:30 COFFEE HOUR	23 1:00 TAI CHI	24 9-10:30 COFFEE HOUR	25 1:00 TAI CHI
28 1:00 TAI CHI	29 9-10:30 COFFEE HOUR	30 1:00 TAI CHI	OCTOBER 1 9-10:30 COFFEE HOUR	2 1:00 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—Heather Nichols-thank you for your donation.

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!



**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.

We are available via multiple platforms such as FaceTime, Zoom and Skype to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations on Zoom.

Our newly upgraded website: [www.shinema.org](http://www.shinema.org) has information on Medicare, MassHealth, links that can be a valuable resource.

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

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

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

Complete your Census: We want a complete count, do your part!! Respond to the Census. We will improve the speed of our count without sacrificing completeness. As part of our revised plan, we will conduct additional training sessions and provide awards to enumerators in recognition of those who maximize hours worked. We will also keep phone and tablet computer devices for enumeration in use for the maximum time possible. We will end field data collection by September 30, 2020. Self-response options will also close on that date to permit the commencement of data processing. Under this plan, the Census Bureau intends to meet a similar level of household responses as collected in prior censuses, including outreach to hard-to-count communities.

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