

JANUARY 2020

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs, recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders

FRIENDS GROUP

THERE IS A GROUP THAT RAISES MONEY FOR NEEDS AT THE CENTER. THEY MEET THE THIRD TUESDAY OF THE MONTH ON THE 1ST FLOOR AT 1:00PM. THIS GROUP IS ALWAYS LOOKING FOR NEW MEMBERS FOR INPUT AND HELP. ANYONE CAN JOIN THE FRIENDS. THE MEMBERSHIP FEE IS \$12 PER YEAR. PLEASE MAKE CHECKS OUT TO THE FRIENDS OF THE SPENCER SENIORS

WHAT IS THE COUNCIL ON AGING AND WHAT DO THEY DO?

The Council on Aging is a Municipal Board appointed by the Town Administrator to insure the well being of the community's senior population. All members have term limits and it is strictly a volunteer position.

The COA is a policy making board that works hand in hand with the COA Director. The Director is highly trained and is charge of the day to day administration of the Senior Center staff, programs, services etc. Meetings are held monthly at 4:00PM in the Senior Center. Members are currently:

Chris Mancini– Chair John Howard –Vice Chair Jim Letendre –Member Sheila Phoenix-Member
Sue Arsenault– Member Rachel Sugalski– Member Sandy Fritze-Member and Lucinda Puchalski– Member
Director -Pamela Woodbury Outreach Coordinator-April Caruso

ELDERBUS

In town daily

\$1.50 each way

Medical Trips into Worcester

Monday, Wednesday, Friday

\$2.00 each way

24 hour business day notice by calling:

1-800-321-0243



WINTER DRIVING TIPS

As winter weather sweeps across the country, rain, ice, and snow are sneaking into the forecast, and fast! Here are some ways to help keep senior drivers safe on the roads this winter:

1) Plan ahead

Don't wait until the last minute to check things like your antifreeze levels, windshield washer fluid, tires, and [car battery](#) (especially since cold weather reduces battery life, often below the standard 3-5 year mark.) It's also a good idea to test your brakes, in a controlled environment, to see how long it takes them to stop on wet roads.

2) Save trips for the daytime

Since visibility is greatly reduced at dusk or dark, try to plan all errands and trips during the daylight hours. If you're going on a long trip, make sure to tell someone where you're going, when you're leaving, and when you expect to arrive. And, if you absolutely must travel out after dark, don't hesitate to ask a family member, friend, or neighbor for a ride.

3) Carry a cell phone – and know how to use it!

If you're venturing out on the roads this winter, make sure to have a cell phone with you in the car, charged, and pre-programmed with emergency contacts. Cell phones are extremely handy for emergency situations, so be sure you know the bare-bones basics of how to operate yours, like how to turn it on, make a call, and answer a call. (Don't have a cell phone? See April or Pam and they may be able to help.

4) Be ready

Make sure to [keep some staples in your car](#), in case you get stuck and need to wait for help, including a blanket, flashlight, water, and snacks (especially if you have diabetes or other conditions that impact your blood sugar.) It's also a good idea to [keep your gas tank full](#) as often as you can throughout the winter months.

Remember, if driving conditions are bad, there's no shame in staying at home, off the roads. Enjoy the winter season, and above all, stay safe!

These tips will help you stay safe in the kitchen:

- Cover a pan or grease fire with a lid and turn off the heat. Baking soda also works.
- Don't move a burning pan.
- Don't use water or a fire extinguisher on a grease fire.
Stand by your pan. Don't leave food, grease or oils cooking on the stove top unattended.
- Wear short or tight-fitting sleeves when cooking.
- Keep pot handles turned inward to prevent spills.
- Create a three-foot **child-free zone** around the stove. Keep pets away also.
- Keep combustible items like pot holders, towels, and paper or plastic bags away from burners.
- Don't put metal in a microwave. Utensils, aluminum foil or twist-tie wraps can cause a fire.
- Use caution with microwaved food and liquid. They can become very hot.
- Unplug appliances like toasters and coffee makers when not in use.
- Don't use the oven for storage.

QUILTS OF VALOR

In the true spirit of Thanksgiving, Theresa Perrault, Regional Director of Quilts of Valor, presented Ed Floyd a quilt with help from Outreach Coordinator April Caruso at the senior center on November 26th

The group meets and sews the quilts at the senior center the second Monday of the month at 12:30 and are always looking for volunteers and donations. If interested call 508-885-7546 for more info.





JANUARY 2020



Tuesday

Wednesday

Thursday

		1. CLOSED NEW YEARS	2. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 6:00 Zumba (Upstairs) 6:30 Knights Bingo
6. 9:30 Cribbage \$1 1:00 Low Impact Exercise	7. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	8. 9:30 Quilting Class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	9. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 6:00 Zumba (upstairs) 6:30 Knights Bingo
13. 9:30 Cribbage \$1 12:30 Quilts of Valor 1:00 Low Impact Exercise	14. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	15. 9:30 Quilting class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	16. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 1:00 Sunflower Memory Cafe 6:00 Zumba (upstairs) 6:30 Knights Bingo
20. Closed Martin Luther King Day	21 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	22. 9:30 Quilting class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	23 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 1:00 Sunflower Memory Cafe 6:00 Zumba (upstairs) 6:30 Knights Bingo
27. 9:30 Cribbage \$1 1:00 Low Impact Exercise	28 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	29. 9:30 Quilting class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	30 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 1:00 Sunflower Memory Cafe 6:00 Zumba (upstairs) 6:30 Knights Bingo

SPENCER SENIOR CENTER ACTIVITIES

AEROBIC EXERCISE CLASS: Exercise geared to seniors and led by a certified fitness instructor. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of motion, and activities of daily living. Tuesday and Thursday 10:30-11:30. \$15 for 3 months for Spencer residents, \$20 for non-residents.

BINGO: Every Tuesday and Thursday at 1:00 PM. Come early to prepare

BEGINNING LINE DANCING: Beginning line dancing is fun and progresses at a relatively slow speed. Memorization is easy at the beginning. Wednesday from 1:30-2:30. \$10 for 3 months for Spencer residents and \$15 for non-residents.

CHESS CLUB: Every Thursday from 9:30-11:30 **Looking for more participants call for information**

CRIBBAGE: Every Monday @9:30. An informal group that enjoys the game and good time. \$1

LOW IMPACT AEROBIC EXERCISE CLASS: This class is geared to seniors who might find the above class a little too strenuous. Led by a certified fitness instructor. Every Monday and Wednesdays from 1 to 2. \$15 for 3 months for Spencer residents and \$20 for non-residents.

JIGSAW PUZZLE: a puzzle is always on-going in our library.

LIBRARY: Open all day everyday to borrow books or to just sit and relax and enjoy a cup of coffee with friends.

LINE DANCING: Aside from being lots of fun, line dancing is beneficial in so many ways. As we age it is critical we exercise the mind as well as the body. Every Wednesday from 12:30-1:30. \$10 for Spencer residents and \$15 for non-residents for 3 months.

MEMORY CAFÉ: For individuals suffering from memory loss. Third Thursday of the month. Upstairs.

PITCH: We are now playing pitch on Wednesday evening. We will begin the next round September 18 at 6PM

POOL: We have a pool table available in the room next to the exercise equipment room. Daily A/C on

RESTAURANT/LUNCH: Check the Grapevine for all the different lunches offered at the senior center. Donation is \$3 and reservations must be made 48 hours in advance by calling the center. Watch for special meals also. Must have 10 sign up's.

SANDY'S LUNCHEON: Home cooked lunch on the last Thursday of the month. Tickets are \$6 Must be purchased in advance. Last day for tickets is the Monday before the lunch.

S.H.I.N.E.: SHINE is Serving the Health Information Needs of Everyone (on Medicare) There is a counselor at the center the third Tuesday of the month. By appointment. Please call the center

TAI CHI: Discover improved balance, strength, and flexibility at any age with gentle therapeutic Tai chi. Led by a certified Tai Chi instructor. Every Wednesday from 11 to 12. \$10 for Spencer residents. \$15 from non-residents.

WELLNESS CLINIC: The 2nd Tuesday and the 4th Thursday of the month at 11:30. Medical questions, health issues or concerns can be brought to the attention of our nurse. Free

YOGA CLASS: Improve balance, help alleviate arthritis pain, reduce stress and moderate chronic pain. Led by a certified yoga instructor. Every Tuesday and Thursday 9:30-10:30. \$15 for 3 months for Spencer residents and \$20 for non-residents.

ZUMBA: Aside from its heart-healthy benefits, Zumba provides a workout for the entire body a fitness class and a dance class. Led by a certified Zumba instructor. Every Thursday from 6-7. Class meets on the first floor. Coming in the back door up one flight of stairs at the end of the hallway.

IF THERE IS SOMETHING YOU ARE INTERESTED IN DOING, PLEASE SUGGEST IT TO APRIL OR ME. IF THERE ARE ENOUGH PEOPLE INTERESTED WE WILL SCHEDULE IT.

News from SHINE January 2020

GREAT NEWS!!!

Starting on January 1, 2020 the income limits for the Massachusetts Medicare Savings Program are increasing significantly. This change will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to \$1,738 and for a married couple to \$2,346 this is an increase of more than \$300 a month in both cases. Asset limits are going to more that double as well going up to \$15,460 single and \$23,200 married couple. **This program would pay your monthly Part B Premium, \$144.60 for 2020, you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. Contact your local Senior Center for more information on these valuable programs.**

CAN I STILL CHANGE MY MEDICARE COVERAGE?

Medicare Advantage Plan Open Enrollment Period

This period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.**

For Plan year 2020 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2019 and November 30, 2020. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change once each quarter.

If you want to take advantage of any of these opportunities to change your plans call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

You can now visit us at our Central Mass Website www.shinema.org for useful information and applications for various programs.



SAVE THE DATE

FEBRUARY 14, 2020

FOR THE ANNUAL

SWEETHEART DANCE

TICKETS WILL BE ON SALE

BEGINNING 1/13/20

Cost is \$10 per ticket

Due to limited tickets, only 2 tickets per person to give everyone a chance to purchase.

Watch for more in the February edition

VOLUNTEER DRIVERS

We are interested in beginning a volunteer driving program here at the center. A volunteer would be transporting seniors to and from Dr.'s appointments in Worcester; Holden; Southbridge and Auburn. Days would be Tuesdays and Thursdays only.

There would be a stipend to the driver and a charge to the rider .

You would have to have an active Massachusetts driver's license, a reliable car, a copy of your driving record, and proof of insurance.

Once we get enough volunteers, we will begin a pilot program .

If you are interested please call the center

508-885-7546