



December 2019 Dudley Senior Center

Medicare Open Enrollment ends Dec. 7, if you or a loved one has Medicare, you may be tempted to just continue on with your existing plan; perhaps there are better more affordable options available. Call Tri-Valley Inc. @ 508-949-6640 to make an appointment with a SHINE Counselor today. Or call 1-800-ageinfo, leave your name and number and someone will get back to you. The SHINE Program encourages Medicare beneficiaries to sign up on www.mymedicare.gov to take charge of their own health insurance information. They will be able to see Doctor's visits, the list of preventive benefits, their drug list, to use during Open Enrollment, and they can chat with customer service at Medicare.

Benefits Enrollment Center at Tri-Valley, 508-949-6640, or 1-800-286-6640 www.trivalleyinc.org Helps low to moderate income Medicare eligible seniors and people with disabilities to identify and apply for benefit programs. You may be eligible for one or more of the following programs:

***Medicare Part D Extra Help/Low Income Subsidy-Pays for part D plan premiums, which reduces drug co-pays and eliminates the donut hole.**

***Medicare Savings Programs- pays Medicare part B premiums. *Mass Health- Medicaid coverage for working disabled, medical coverage and home and community based services.**

***SNAP,- Access to nutritious food.**

***Low-income Home Energy Assistance Program-Fuel assistance/utility discounts.**

Also help in applying for other benefits.

HANDS (Helping Address the Needs of Dudley Seniors). Financial assistance applications for heating/utility costs, are available now in the COA Office. Must be 60 years or older, resident of Dudley, and find yourself in need of heating or utility assistance. HANDS will provide aid to those who qualify, through grants paid directly to heating and utility companies. Please stop by or call the senior center for more information/application.

GOOD NEIGHBOR ENERGY FUND Applications taken by appointment starting Dec. 2, 2019. Must be in need of assistance/pending shutoff/hardship. Supporting documents are required at time of application, such as: Applicant's ID, Income statements, Current Fuel Bills, (electric, oil, gas). We will also need names and birthdates of additional household members, and income. Any assistance will be paid directly to the utility service. Please call Margaret for more info. or to schedule an appointment 508-949-8015 x3.

Elder Abuse Hotline: 1-800-922-2275 to report Elder, self-harm, neglect, abuse, physical, financial, or emotional harm. (You may remain anonymous to file a report).

A Dementia Friends Massachusetts Awareness presentation is available to any group (large/small) free of charge. We are Dementia Champions, and our mission is to promote Dementia awareness to the community by giving presentations about different types of dementia, ways to communicate with those who are affected, provide social inclusion, foster dementia acceptance, and demystify the label of what people around us perhaps misunderstand about dementia. Please contact Jan Brady, Donna Mendelenakis, or Margaret Bussiere, if you would like to schedule a free group presentation complete with helpful handouts. 508-949-8015 X3.

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Weekly Schedule:

Mondays: Creative Crafter Workshop with Donna, every Monday after lunch. This FREE program has been well received! Many people are learning new applications, and what can be done with leftover craft supplies. So many different and exciting crafts are on the horizon, come craft with us! Christmas crafts anyone?

Mondays and Fridays: Chair Yoga with Joanne is on Mondays and Fridays at 10-30-11:30 am, \$3.00 class.

Tuesdays: @ 1PM 13 Card Pitch and Dudley Senior Women Needleworkers. New Participants are always welcome!

Wednesdays: @ 1PM Dudley Senior Women Needleworkers Group.

Thursdays: @1PM Cribbage Players.

Fridays: Game Day is on Fridays after lunch 12N . We are playing Scrabble, Scattergories, Super Boggle, Apples to Apples. A Free & Fun afternoon with friends old and new; come join us!

What's Happening in December

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Dec. 3 @ 6PM Town of Dudley Tree Lighting, all welcome!

Dec. 6, 10-11AM BP Clinic with Nurse Joanne Grindel.

Dec. 9, @ noon, Ice cream Social, hosted by Lanessa. Free!

Dec. 16@ 9 AM, Tina Bemis Workshop creating a Grinch Tabletop Tree. \$15.00 Please RSVP by 12/12.

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Dec. 19 3-5 PM, Common Ground Memory Café, at the Dudley Senior Center; for Caregivers, Family, Friends, Loved Ones, and **Especially** Individuals affected by memory issues due to Alzheimer's, Lewy Bodies, Dementia, Parkinson's, Stroke, PTSD, Brain Injury, or other Brain Challenges. **FREE!** Come and enjoy a fun date together with friends, complete with a light meal and refreshments. This memory Café is meant to be a positive time out together, sharing laughter, and non-judgmental fun. Bruce Joy will be entertaining us with his Banjo Music, Trivia, Funny Slide Show, and Prizes; we'll also be crafting some Xmas/holiday ornaments together if you're interested! For more information or to RSVP, please call Margaret, **@ 508-949-8015 X3.**

Walk-In friends are always welcome! If you would like to make a donation to the Memory Café, please contact Margaret or Donna in the COA office 508-949-8015 X3. We are grateful for any donations, to help us continue this valuable program, no donation is too small! Thank You.

The Common Ground Memory Café is scheduled every third Thursday of the month 3-5 PM.

Dec. 20 @ Noon, Annual Senior Christmas Party, featuring a Catered menu of Chicken Cordon Bleu with Supreme sauce, Tossed Salad, Red Potatoes, Roasted Acorn Squash, Dinner Rolls, Cheesecake with Blueberries, Carrot Cake; Coffee/Tea/Sm. Glass House Wine.

Entertainment is by Frannie Mik, and (Santa may also make an appearance!) Tickets are \$10.00 and available now, until Dec. 13, through Margaret, Donna or Inge. We'll be collecting, Gift Cards, Cash, HBA Items, New Items/Clothing/Gifts, for the Salvation Army. Your donation ensures that someone in need will have a brighter holiday! Thank you for your donations!

FYI, The Senior Center will be closed from Dec. 23 until Jan. 2 to celebrate the holidays. We wish you and yours, a Happy Holiday Season, filled with Love, Good Health and Happiness in the New Year 2020!

Mondays and Fridays at 11:30 am, the Dudley Senior Center offers nutritious congregate meals for seniors, through Tri Valley Inc. for a \$3.00 donation. If you would like to reserve/cancel a Tri Valley Meal, please contact Inge Gassner at least two days in advance @ 508-949-9081.

Please call the senior center if you would like “One to One Computer” help understanding/operating your smart phone, laptop, or tablet.

Joyce is available by appointment, just give us a call at 508-949-9015 x3, and we'll get back to you.

SAVE THE DATE!

January 31, @ Noon, We're looking forward to our annual Eastern European Inspired, Catered Lunch featuring, Pierogi, Holubshi/Golumbki, and Kapusta! Stay tuned!

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Seniors did you know, you are welcome to attend any of our events or activities regardless of where you live? If you see something on our schedule you'd like to try, come and join us! We like making new friends!

A Special Mention of Thanks:

Thank you to all of our dedicated program leaders, COA members, volunteers, helpers, supporters, and generous patrons! We cherish and treasure each of you, as surely we know, that no one person can do it all without the many helpful hands and hearts dedicated to a common purpose. There is much kindness, teamwork, ideas, efforts, and sometimes tiresome actual work happening here at our senior center. Our satisfaction is measured when someone smiles and says, "What a welcoming and friendly place you have here!" Thank You all for your help and participation!

