

March 2020 Happenings at the Dudley Senior Center

Happy *Almost* Spring!

The **2020 Federal Census** will be mailed to every address in mid. March. **The US Census is mandated by the US Constitution** (since 1790) **to be completed every 10 years**, (years ending in zero). You must complete the census, it's the law. Every household/dwelling will receive a postcard with a registration number and instructions for census completion. You can register your information four different ways: **1) online, 2) by phone, 3) U.S. Postal mail, or by 4) a U.S. Census taker coming to your door to record your information. (You can avoid someone coming to your door by completing 1, 2, or 3 from above as soon as you receive the postcard.)** The U.S. Census is available in 12 Languages plus English. Deadline for completion of the 2020 US Census is **April 1st**. You will be asked a few questions like: age, sex, number of people who live in your residence, including children. **The Federal Census will never ask for Social Security numbers, bank or credit card numbers, money, or anything related to political parties. The US Federal Census is not looking for citizenship status, every person is registered, no matter who you are or where you're from.** Registering your information is easy and safe; the US Federal Census is collecting DATA for population /demographic information only which helps the US Government, plan for future needs, allocate monies & programs at the Federal, State and Local level, as well as determining the number of seats on the House of Representatives, Public School funding, Clinics, Roads, Federal Grants, etc., allocated according to Data received. Example: Per U.S. Census In this town, 1981 seniors aged 60 and over resided here in 2010. The data 1981 seniors in 2010 was utilized for money/grants, allocated/awarded yearly for 10 years. The 2020 Census will tell the government how many seniors we currently have living in town, these will be the numbers used until the next U.S. Federal Census in 2030. **The Census is very important! Please visit their website for more information. 2020census.gov**

SHINE

Call Tri-Valley Inc. @ 508-949-6640 to make an appointment with a SHINE Counselor, 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.**

The 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. 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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Dudley Senior Center March 2020 Happenings!



The Tri Valley Lunch Club is on Monday and Friday @ 11:30 am, Please call Inge Gassner at **508-949-9081** if you wish to reserve your Tri Valley meal at least two days in advance.

March 2 and 3 the senior center will be closed due to the Massachusetts Primary Voting, Super Tuesday!

March 6, 10-11AM, BP Clinic, Ask a Nurse. FREE.

March 8, Clocks Spring Ahead One Hour! Daylight Savings Time Begins!

March 9 @ 12 noon, Mel Simons of WBZ Radio fame will be here to present Everything's Coming Up Irish! This program is sponsored in part by the Dudley Cultural Arts Council, a local agency, which is supported by the Massachusetts Cultural Arts Council, a state agency. We also have a FREE Ice Cream Social Sponsored by Lanessa, @ 12N Come join us!



March 19 First Day of Spring!

March 19, 3-5 PM Common Ground Memory Café at the Dudley Senior Center featuring Mr. Tim Loftus with his exceptional music program! The Memory Café is 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. Come enjoy a fun date together with friends, complete with a light meal and refreshments, FREE! This memory café is meant to be a positive time out together, sharing laughter, music and non-judgmental fun. To RSVP please call Margaret @ 508-949-9805 X#3. Walk-in friends are always welcome! Weather permitting; the memory café is scheduled every third Thursday of the month 3-5 PM. **The Common Ground Memory Café is supported by community donations and volunteers; we thank you and are very grateful for your support.**

March 23 Happy Birthday Cake after lunch sponsored by Brookside Rehab. Come join us!

March 30 @ 9 am, a Tina Bemis Workshop! We'll be creating a 6" Succulent Orb Garden chock full of succulents, moss, pebbles, and more! This beauty can be hung from a piece of twine or placed flat on a table. Either way the fantasy garden you create inside is sure to bring a smile to your face! (Please call senior center to RSVP for this workshop by March 13). Workshop is \$15.00 & a FUN Time!

Planning ahead to future workshops with Tina: April 13 a Spring Porch Pot, and Miniature Fairy Gardens on April 26 all are on Mondays at 9am, \$15.00 Creative FUN!

ALSO on March 30th



March 30, 11:30 am to (whenever we decide to leave). Come join us for a Cultural Celebration featuring the Polish Culture, Maps, Music, DVD, Customs, a light lunch featuring Pierogis, Kielbasa, Easter Borscht, Bread, Easter Babka, and Easter Egg decorating. Perhaps we will also have a Pierogi or Golumbki making workshop for those interested! We can discuss family traditions from the “Old Country”, talk about recipes and learn some common Polish Language phrases! Please call Margaret or Inge to sign up by 3/23, RSVP only please. 508-949-8015 x3. This program is sponsored in part by MCOA.

Our Weekly Schedule:

Mondays, Chair Yoga 10:30-11:30 AM with Joanne, Tri Valley Lunch Club, lunch is served at 11:30 AM. Please call Inge Gassner to RSVP for lunch 508-949-9081 (at least two days in advance). Creative Crafter Workshop with Donna, after lunch on Mondays, Fun & FREE!

Tuesdays, @1 PM, “13 Card Pitch” Players meet. And, @ 1PM, Dudley Senior Needle Workers Group

Wednesdays, @ 1PM Dudley Senior Needle Workers Group

Thursdays, @ 1PM Cribbage Players

Fridays @ 10:30-11:30 AM Chair Yoga with Joanne, 11:30 AM Tri-Valley Lunch Club. Please call Inge to reserve a meal. **AFTER lunch; it's Game Day!** Come join us for a fun afternoon, we'll be playing anything from Scrabble, Super Boggle, to Up words, Scattergories, or Apples to Apples!

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