



# THE SILVER SPIRIT



Barre/Hardwick Senior Center/Council on Aging

557 South Barre Road

P-978-355-5004—F-978-355-5012

Eileen Clarkson, MS, MPA, HS-BCP, CDP, CMCDP,—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

November ~ 2023  
Volume 6, Issue 11  
Hours of Operation:  
Monday –Friday 8:00—2:00



Open enrollment is here. The time of year when you can change your parts C & D of Medicare. Remember Medicare only pays 80% of your medical expenses.

Don't forget the craft fair on November 4th from 10 to 2. there will be a raffle table, white elephant, 50/50, and vendors of all types. Stop by to find your unique holiday gifts for all those on your list.



## 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.



Preserve Assets | Protect Benefits | Live Well

## What We Do

Our Mission: We proudly serve people with disabilities – lifelong or related to illness,

injury, or age - helping to preserve assets, to protect access to public benefits, and to live well. We offer 'First Party' and 'Third Party' Special Needs Trusts for the sole benefit of a person of any age with disabilities. *First Party Trusts* are funded with the person's own money or assets. *Third Party Trusts* are funded by a family member, friend, or someone else. We manage all disbursements to protect eligibility for public benefits. Sign up today to learn about this program for November 2nd, at 12.30

**A representative from Mass Advantage will be available Wednesday, November 8 at 10:00 am.** Stop by to learn about the 2024 Mass Advantage Plan options. For



accommodations of persons with special needs at meetings, call (978) 355-5004, TTY:711.

Ever wonder how your bones are doing? We will be holding a bone density testing on Monday, November 20th from 10.30 to 12 and appointments are required, sign up at the desk to book yours.



Bone density

**Attention:** If you need to meet with Fuel Assistance this fall, **appointments are required**, starting on November 1st, they can be made by calling 978-342-4520 and be sure to let them know you wish to make your appointment for the Barre Senior Center. Items to bring with you: ID, heating & electric bills, rental information or mortgage statement, water/sewer bill, property taxes, homeowners insurance bill and 4 weeks worth of income. These times will help to ensure a speedy process of your application.

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: The impact of Alzheimer's. The difference between Alzheimer's and dementia. » Alzheimer's disease stages and risk factors. » Current research and treatments available to address some symptoms. » Alzheimer's Association resources. UNDERSTANDING ALZHEIMER'S AND DEMENTIA An education program presented by the Alzheimer's Association® Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs online and in your area. **Tuesday, November 14 12:15 p.m. - 1:15 p.m.** Barre Senior Center 557 S Barre Rd Barre, MA 01005 RSVP to Timothea Ford: (978) 355-2533 x102

# Information, Services and Resources



## Fuel Assistance Program

The Fuel Assistance Program begins committing funds as of November 1

**\*\*Applications are by appointment only\*\***

When applying for the program please provide the following information:

1. Identification for Primary Applicant
2. Citizenship for everyone in the household
3. Proof of address for the person whose name is on the heating bill- Bill must show full name and address.
4. Heating bill
5. Electric bill
6. Rental Information- Rent Amount, Full Name and telephone number of the landlord, housing subsidy documentation, lease, etc.

Or

Homeowner Information- Mortgage Statement, water and sewer bill.

**\*\* (If not included in the mortgage, please provide copies of property taxes and homeowners insurance bill) \*\***


7. Proof of Income for everyone in the household.

**\*\*Please provide 4 weeks' worth of income\*\***

Fuel Assistance appointments can be made by calling their office at 978-342-4520. Appointments can be made for Monday's, here at the center.

Need help with your MassHealth redetermination application? Stop by or call to make an appointment to receive help with this long application.

Want to apply for SNAP benefits? Stop by or call to make an appointment. This application is fairly short. Bring copies of taxes, bank statements, electric/heating bill, prescriptions (co-pays and pharmacy information).

How about Fuel Assistance? Call MOC (  ) To schedule and appointment for apply/ reapply for assistance for paying your fuel bill this winter.

Happy Birthday to the November babies (those over a certain age). Marguerite Bacon, Leo Tamkus, George Prouty, Claire Jones, Shirley Roy, Theresa Mongeau, Suzanne Blais-Lessard, Patricia Staiti, Alice Paradis, Barbara Kanton Johnson, Firne Wright, Shirley Lewis, Sarah Dyer, Georgette Bicelis, Kenneth Clarkson, Courtney Dorian Schlosser, Querido Sumajit Cerezo, Margaret Lam, Marion Simeone, Beverly Rivard, Robert Lemione, Margaret Leahymarc-Aurele, Ronald Hosley, Florence Reed, Allen Brant, Frank Gromelski **Enjoy your Day!!!**



**AUDIO JOURNAL**  
Broadcasting to People Who Are Blind





## VOLUNTEERS NEEDED

*The people we serve can't do what you're doing right now: read printed words.*



**Help us put print disabled people in touch with the world, especially their local news!**

As a volunteer for Audio Journal radio reading service you can:

-  Read and record news and information for broadcast.
-  Reward yourself with the gift of giving and helping others.

Call 508-797-1117 or email [info@audiojournal.org](mailto:info@audiojournal.org) to explore how you can join our amazing team of volunteers!

**DON'T SIT AT HOME AND EAT LUNCH ALL ALONE...**



## ENJOY MORE THAN A MEAL WITH US!

ESWA DINING CENTERS ARE LOCATED WITHIN YOUR LOCAL SENIOR CENTER IN AUBURN, BARRC, BOYLSTON, GRAFTON, HOLDEN, LEICESTER, MILLBURY, OAKHAM, PAXTON, RUTLAND, SHREWSBURY, AND WORCESTER. ADDITIONAL LOCATIONS AT BET SHALOM APTS, ZION LUTHERAN CHURCH, AND LINCOLN VILLAGE.

**RESERVATIONS REQUIRED 2 DAYS IN ADVANCE**  
**RSVP: 508-756-1545 EXT. 290 OR EMAIL [NUTRITION@ESWA.ORG](mailto:NUTRITION@ESWA.ORG)**  
**OR CALL YOUR LOCAL SENIOR CENTER**

**AGE 60+ WELCOME**  
**ANONYMOUS VOLUNTARY DONATION REQUEST OF \$2.50 PER MEAL.**  
**YOU ARE WELCOME TO PARTAKE OF THE MEAL EVEN IF YOU ARE UNABLE TO MAKE THE DONATION**

**JOIN US FOR LUNCH,**  
**ENJOY A WELL BALANCED MEAL,**  
**MAKE NEW FRIENDS,**  
**AND HAVE SOME FUN!**

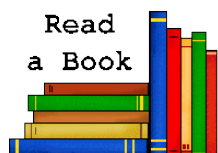




# Information, Services, and Resources

**Senior Dental Program Accepting Patients** Check out the Central Massachusetts Senior Dental Clinic, a partnership between CMAA and Quinsigamond Community College's Dental program. **This clinic offers comprehensive dental assessments, cleanings, x-rays, fluoride treatments and other services for older adults ages 55+ in Central Massachusetts FREE OF CHARGE!** Transportation to and from the clinic is provided by Yellow Cab, an additional program partner. To schedule an appointment with the senior dental clinic, call 508-854-4306-Monday—Friday from 8:30 am to 4:30 pm.

**Lending Library**—We have gently used books & puzzles that are available to you. Bring some take some.



**Durable Medical Equipment**—We have gently used medical equipment for folks that may need a walker, cane, shower chair, or wheelchair for a short term basis (depending on availability). Call us: 978-355-5004 to see if we have what you may need before you purchase something.



**Lunches**—Be sure to remember that a **two-day** notice is still required. Please call Carole to reserve your meal at 978-355-5027. The menu's main course is on the calendar section of this newsletter & be sure to check it out!!

**CARD MAKING**—Join Carol in making holiday cards. This is great fun event. On November 15th starting at 12.15 and get a deal of making 5 cards for only \$5. sign up is request to ensure enough supplies. Carol will take you step by step and anyone can do this event.



**We have some wonderful news!! We will be offering computer/tablet classes for anyone wish to learn how to turn on the device, create an email address, do research, delete, fix a problem, or anything else.** Classes will be starting soon but sign up will be request to ensure space and a device is available for you to utilize. You will be able to take the device home to practice with. If you do not have internet, we will have a few hotspots available as well. Watch for news about when the classes and computers/tablets will start and be available to you. This is for anyone wishing to learn about the internet, how to use the device, or conduct research and open to all.



Join Seven Hills for a lunch and learn on November 8 at 11.45. Linda will talk about the different programs available to you and your family members. Aging in Place – the trend among Baby Boomers, What it means to age in place, A few of the benefits of aging in place.

**Funding Sources:** BCOA & HCOA receives funding by: Donations received through area business and individuals. Donations received through the Friends 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. 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 or Hardwick Council on Aging. Return to: Barre or Hardwick Senior Center (you choose) 40 West Street, Suite 433, Barre, MA 01005**

# November 2023

## MONDAY

30 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch-

6 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch—Beef Stew

**Closing after lunch for  
Voting Set up**

13 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch—Chicken  
Mornay  
12.15-**Grief Support  
Group**

20 8-Coffee  
8-Billiards  
10-Cornhole  
**10.30-Bone Density  
screening-sign up at desk**  
11.45-Lunch- Pork Rib-i-  
que



Bone density

27 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch- Chicken  
Pot Pie

## TUESDAY

31 **8-Veteran's Coffee  
Hour**  
8-Coffee  
8-Billiards  
9-SHINE  
10.00-Yoga  
10.00-Cribbage  
11:45-Lunch-

7

**Closed for  
Voting**

14 **8-Veteran's Coffee  
Hour**  
8-Coffee  
8-Billiards  
10-Yoga  
10.00-Cribbage  
11:45-Lunch—Meatloaf  
**12.15-Alzheimer's Pro-  
gram-sign up at the desk  
or contact the Library**

21 **8-Veteran's Coffee  
Hour**  
8-Coffee  
8-Billiards  
**9-SHINE**  
10-Yoga  
10.00-Cribbage  
11.45-Lunch—Roast  
Turkey w/gravy  
**11-CCVNA-Depression**

28 **8-Veteran's Coffee  
Hour**  
8-Coffee  
8-Billiards  
**9-SHINE**  
10—Yoga  
10--Cribbage  
11.45-Lunch-Spaghetti/  
meatballs

## WEDNESDAY

1 8-Coffee  
8-Billiards  
9.00-**B/P Clinic**  
9.00—Quilting  
**9.00-Coffee with  
an Officer**  
9-Art group  
11.30-Pinochle  
11.45-Lunch—Beef w/  
onion/peppers  
12.30-**COA Board Meet-  
ing**

8 8-Coffee  
8-Billiards  
9.00--Quilting  
9-Art Group  
**10-Mass Advantage-with  
Cailin**  
**10-Rep Berthiaume**  
11.30-Pinochle  
**11.45-Seven Hills**  
11.45-Lunch—Baked Pota-  
to

15 8-Coffee  
8-Billiards  
**9—Foot Care**  
9:00-Quilting  
9-Art Group  
11.30-Pinochle  
11.45-Lunch—Apricot  
Roast Pork  
**12.15-Card Making-5  
Holiday cards for \$5**

22 8-Coffee  
8-Billiards  
9-Quilting  
9-Art Group  
11.30-Pinochle  
11.45- Lunch—Chicken  
Cacciatore  
**12:00-Alliance Health @  
Baldwinville-Desserts—FREE**  
**Closing after lunch for  
Thanksgiving-enjoy your  
holiday**

29 8-Coffee  
8-Billiards  
9-Quilting  
9-Art Group  
11.30-Pinochle  
11.45-Lunch—Maple  
Glazed Ham

## THURSDAY

2 8-Coffee  
9-Bingo  
11.45-Lunch— Roast  
Pork  
12.30- Michigan  
Rummy  
**12.30-PLAN-Learn  
about Special Needs  
Trusts**

9 8-Coffee  
9-Bingo  
11:45-Lunch—Hot  
Dog  
5.30-Pilates

16 8-Coffee  
9.00-Bingo  
**9—SHINE**  
**9—Foot Care**  
11.45-Lunch—Swedish  
Meatballs  
12.30—Michigan Rum-  
my  
5.30-Pilates

23  
**CLOSED FOR  
Thanksgiving**

30 8-Coffee  
9-Bingo  
**9-B/P Clinic**  
11.45-Lunch—Potato  
Crunch Fish  
**12.15- Boxwood  
Tree Making-w/Liz-\$20**  
5.30-Pilates

## FRIDAY

3 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch—Mac/  
cheese

**CLOSING after lunch  
for Craft Fair Set up.  
Stop to for your unique  
holiday gifts!! Opening  
at 10 till 2!!**

10

**CLOSED FOR  
Veteran's Day**

17 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch—Fish  
w/Parmesan Cream  
Sauce

24  
**CLOSED FOR  
Thanksgiving**

Dec 1 8-Coffee  
8-Billiards  
10-Cornhole  
11.45-Lunch—

## Happenings at the Center-A Place for All and Many-Join the Fun!



**NEW-Veteran's Coffee Hour.** Calling all Vet's. join us every Tuesday morning at 8 for free coffee (and maybe a pastry too).

YOGA classes will be on Tuesday's, at 10:00. Cost is \$5.00. Brandy is a Certified Yoga instructor. Stop by to check it out. This helps with balance and core strength, along with toning muscles.



Let's play **Michigan Rummy!!** Starting at 12:30 we will be playing the game...join in and if you don't know how to play, you can learn.

Join Richard from Care Central VNA and learn about **Medication Management and possible interactions.** Learn how manage your meds on November 28th, at 11. sign up at the desk.

Wondering what your BONE Density is? Learn you numbers on November 20th, starting at 10.30. this event is being provided by VNA Care. Sign up is required and is at the desk or call to book your time.



Healthy bone

Osteoporosis

Join us every **First Wednesday, for Coffee with Hardwick & Barre Officers.**

Meet those that are serving the community. Coffee and pastry will be served. Stop by and say hello or ask your questions or make inquiries about the law. They are here to help and inform you of your community.



**Free Special Desserts-**Every 4th Wednesday at 12:00, we will be having a special desert sponsored by Alliance Health @ Baldwinville. This is a free event but sign up is requested and is at the desk.



Bingo is every Thursday, starting at 9:00 am. Cost is \$6.00 for 10 games with a strip of 3 cards per game and 2 bonus cards.

VNA Care will be offering **Blood pressure, blood sugar clinic, med review**, on the First Wednesday of the month and starts at 9:00 am. Be sure to have yours checked, as it could save your life.



**SHINE:** Ann is here help you with your Medicare decisions for Part C & D. If you will be retiring or turning 65 you will need to enroll in a plan: Part A, B, C, D. Remember Medicare only covers 80% of your Medical expenses. Open enrollment is coming. This is time of year you can change your insurance plan, enroll in a new plan,

**Let's Make some Holiday Greeting Cards.** Join Carol in this fun event of making 5 cards for only \$5. This is a relaxing and interesting event.

Grief and Loss support group on Monday, Nov.13 at 12.15. This provides an opportunity to talk about your loved one that you miss or just want to vent about your struggles.



It's that time of year again. Let's make **Boxwood trees.** Liz will be here on November 30th, starting at 12.15. come make your tree to decorate as you wish. Cost is \$20 and sign up is required to ensure enough supplies.



Join the Alzheimer's Association to learn about Understanding Alzheimer's and Dementia. What is the difference, stages, risk factors, and research and resources. November 14th, starting at 12.15. Sign up at the desk or contact Timothea at 978-355-2533 X102. this is a partnership between the Library and the Senior Center. Join us to learn about these diseases that cause programs with memory, thinking and behavior.



## Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

### "COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

### If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

### If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



### Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

### FACTS

- 1 The leading cause of fires in the kitchen is unattended cooking.
- 1 Most cooking fires in the home involve the kitchen stove.



**Do you make hats, mittens, scarfs? We are starting a collection for the students for the winter weather. If you make them and would like to help out the students of the district, drop them off here at the senior center. & Thank you!!**

## Central MA Senior Dental Clinic

### Are you an older adult in need of dental care?

The Central Massachusetts Agency on Aging and Quinsigamond Community College Dental Hygiene Program have teamed up to bring you the "Central Massachusetts Senior Dental Clinic". This clinic offers culturally competent professional preventative dental services for older adults in Central Massachusetts free of charge!

### Services offered include:

- Cleanings
- Assessments
- X-rays
- Fluoride Treatment

**Eligibility:** You must be an older adult (55 years of age or older) and reside in Central Massachusetts.

For more information about this program, please contact the Central Massachusetts Agency on Aging at 508.852.5539.



**QCC Main Campus**  
670 West Boylston Street,  
Worcester, MA 01606

At the Dental Hygiene  
Clinic in the Administration  
Building

**Monday - Friday**  
**8:00 a.m. - 4:30 p.m.**

## SCAM ALERT! Free COVID Test Kits



If you have a  
consumer problem or  
question, contact the

### Northwestern District Attorney's Consumer Protection Unit

Greenfield  
(413) 774-3186  
Northampton  
(413) 586-9225

Working in cooperation  
with the Office of the MA  
Attorney General



### WHAT TO LOOK FOR

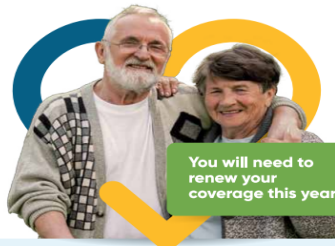
- You get a call, email, or text message from someone offering free COVID-19 test kits.
- They say they need your Medicare number to process the order.

### WHAT TO DO

- **Do not respond!** It's a scam.
- Do not give out your Medicare number to anyone who calls, emails, or sends a text message.
- Call 800-232-0233 to order free COVID-19 test kits.

**Clothes Dryers Fire Safety:** 21.1.1 Have your dryer installed and serviced by a professional. 21.1.2 Do not use the dryer without a lint filter. 21.1.3 Clean out the dryer's lint filter before each use of the dryer. Remove the lint that has collected around the drum. 21.1.4 Clean lint out of the vent pipe quarterly or have a dryer lint removal service do it for you. If you notice that it is taking longer than usual for your clothes to dry, it should be cleaned more often. 21.1.5 Rigid or flexible metal venting material should be used to sustain proper air flow and drying time to reduce the risk of fire or fire spread. 21.1.6 Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. 21.1.7 Make sure the correct plug and wall outlet are used and that the machine is connected properly. 21.1.8 Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks. 21.1.9 Follow the manufacturer's operating instructions. Do not overload the dryer. 21.1.10 Turn off the dryer when you leave home or go to bed. 21.1.11 Choose a dryer that is listed by a qualified testing laboratory. 22.1.12 Fabrics that have been exposed to flammable cleaning agents should be air dried after they have been washed.

# Attention MassHealth members 65 or older



Take three steps to renew your coverage:

1. **Update your info**  
The easiest way to update your information is to call Customer Service at (800) 841-2900 TDD / TTY: 711
2. **Check your mail**
3. **Respond to MassHealth**

Note: If you turned 65 since March 2020, this year's renewal form will look a little different. We will now review your assets along with your income.

If you are no longer eligible for MassHealth, there are other programs available to meet your healthcare needs.

Loss of MassHealth is a Special Enrollment Period (SEP) that allows you to enroll in Medicare outside of standard enrollment periods.

Individuals who do not qualify for Medicare may be eligible for Connector coverage.

Other programs include: The Medicare Savings Program (MSP), The Frail Elder Waiver (FEW), Prescription Advantage, and PACE.

If you need help from a family member or friend to fill out your renewal, you can fill out and sign the Permission to Share Information (PSI) or Authorized Representative Designation (ARD) Form.

- This form lets us share your eligibility information with the persons listed on the form (the "designee").
- If you filled out a PSI more than 12 months ago, you will need to fill out a new one.

**Act now. Stay covered.** [masshealthrenew.org](http://masshealthrenew.org)  
800-841-2900 (TTY: 711)



## Dial-A-Lawyer: Free Legal Advice by Phone—

Do you have a legal problem or question? Get free legal advice each month. 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. Attorneys are available to answer questions on a variety of topics, including family law, bankruptcy, real estate, labor and consumer rights and more. **To use Dial-A-Lawyer, call (617) 338-0610 or (877) 686-0711 on the first Wednesday of the month between 5:30 and 7:30 p.m. There is no limit to the number of calls you can make, or how many times you call during the year.**

Need Help applying for SNAP benefits? Give me a call and I can assist you. It is quick and painless tDo 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.

**Parts A and B-** You'll sign up for Medicare through Social Security. You can sign up for Parts A and B, or Part A only.

### Part A (hospital insurance)

Part A helps pay for inpatient care at: Hospitals, Skilled nursing facilities, Hospice, It also covers some outpatient home health care. Part A is free if you worked and paid Medicare taxes for at least 10 years. You may also be eligible because of your current or former spouse's work.

### Part B (medical insurance)

Part B helps cover:, Services from doctors and other health care providers, Outpatient care, Home health care, Durable medical equipment Some preventive services, Most people pay a monthly premium for Part B. The exact premium depends on your income level. [Review what you might pay for Medicare](#) at Medicare.gov

**Parts C and D** Private companies run Parts C and D. The federal government approves each plan. Costs and coverage types vary by provider.

**Part C (Medicare Advantage)** Part C is known as Medicare Advantage. It's an alternative to Parts A and B that bundles several coverage types, including Parts A, B, and usually D. It may also include: Vision, Hearing, Dental insurance. You must sign up for Part A or Part B before enrolling in a Medicare Advantage plan.

**Part D (prescription drug coverage)** Part D helps cover prescription drug costs. You must sign up for Part A or Part B before enrolling in Part D.

### Get started with Parts C and D

[Review and sign up for Medicare Advantage and drug plans](#) on Medicare.gov.



Preserve Assets | Protect Benefits | Live Well

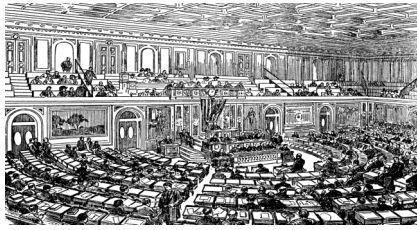
### What We Do

Our Mission: We proudly serve people with disabilities – life-long or related to illness, injury, or age - helping to preserve

assets, to protect access to public benefits, and to live well. We offer 'First Party' and 'Third Party' Special Needs Trusts for the sole benefit of a person of any age with disabilities. *First Party Trusts* are funded with the person's own money or assets. *Third Party Trusts* are funded by a family member, friend, or someone else. We manage all disbursements to protect eligibility for public benefits. [Sign up today to learn about this program for November 2nd at](#)



Representative Berthiaume's office can help if you have ideas, questions or concerns reach out to them. November 8th at 10.00.



USDA  
Supplemental  
Nutrition  
Assistance  
Program



Outreach worker Brenda Rich is now available to assist with many aspects. Be sure to stop by and say hello or call with your questions or concerns. Brenda can be reached at different number **978-355-5031** or email at [outreach@townofbarre.com](mailto:outreach@townofbarre.com) on T-W-T from 8:30 to 2:30.



**Jokes~~**Q: What did the turkey say before it was roasted? A: Boy! I'm stuffed!  
Q: Why do turkeys always go, "gobble, gobble"? A: Because they never learned good table manners!  
Q: What key has legs and can't open doors? A: A Turkey.  
Q: What do you call a running turkey? A: Fast food.  
Q: Why did the turkey cross the road? A: It was the chicken's day off!  
Q: If pilgrims traveled on the Mayflower, what do college students travel on? A. Scholar ships.  
Q. What did sick people do on the Mayflower? A. They went to the dock!  
Q: When do you serve tofu turkey? A: Pranksgiving.  
Q: What kind of face does a pilgrim make when he's in pain? A: Pil-grimace.  
Q: What do you call a pilgrims vocabulary? A: Pilgrammar.  
Q: What do you call the age of a pilgrim? A: Pilgrimage.  
Q: What was the turkey looking for at ToysRus? A: Gobbleheads.  
Q: What was the turkey suspected of? A: Fowl play.  
Q: What's the best way to stuff a turkey? A: Serve him lots of pizza and ice cream!  
Q: What sound does a turkey's phone make? A: Wing! Wing!  
Q: What smells the best at a Thanksgiving dinner? A: Your nose.Q: What do you wear to Thanksgiving dinner? A: A Har-VEST.  
Q: How do Rednecks celebrate Thanksgiving? A: Pump kin!  
Q: What do Thanksgiving and Halloween have in common? A: One has gobblers, the other goblins.  
Q: What do you call a holiday dinner without the parents? A: Friendsgiving.  
Q: What do you get if you divide the circumference of a pumpkin by its diameter? A: Pumpkin pi.  
Q: What is a pumpkin's favorite sport? A: Squash  
Asked to write a composition entitled, "What I'm thankful for on Thanksgiving," Little Johnny wrote, "I am thankful that I'm not a turkey."  
Knock Knock. Who There? Thanksgiving! Thanksgiving for what? Thanks giving us this turkey.  
After a long Thanksgiving Day of eating and playing, my 3-year-old granddaughter asked her mother to carry her. When I asked if her legs were broken, Aislin said, "Yes, they're out of batteries."



Barre Senior Center  
40 West Street, Suite 433  
557 South Barre Road  
Barre, MA 01005



# NOVEMBER 2023

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   | 1<br><b>Beef with Onions &amp; Peppers</b><br>Potato Wedges<br>Honey Glazed Carrots<br>Fresh Fruit<br>Sandwich Roll                     | 2<br><b>Roast Pork</b><br>with Gravy<br>Cranberry Stuffing<br>California Vegetables<br>Cold Apple Crisp<br>Diet=Applesauce<br>Marble Rye Bread | 3<br><b>Macaroni &amp; Cheese</b><br>Stewed Tomatoes<br>Mixed Vegetables<br>Brownie<br>Diet = Half Brownie<br>Whole Wheat Bread |
| 6<br><b>Beef Stew</b><br>Rice<br>Corn Niblets<br>Mandarin Oranges<br>French Bread   | 7<br><b>Chicken Vegetable Stir Fry</b><br>Brown Rice<br>Carrots<br>Peaches<br>Whole Wheat Bread                           | 8<br><b>Baked Potato</b><br>w/ Chili & Cheese<br>Broccoli<br>Sour Cream<br>Chocolate Mousse<br>Pumpnickel Bread                         | 9<br><b>Hot Dog</b><br>Baked Beans<br>Green Beans<br>Coleslaw<br>Fresh Fruit<br>Hot Dog Bun  | 10<br><b>No Meals Served</b>  |
| 13<br><b>Chicken Mornay</b><br>Couscous<br>Roman Blend Vegetables<br>Butterscotch Pudding<br>Diet= SF Vanilla Pudding<br>Marble Rye Bread | 14<br><b>Meatloaf</b><br>with Gravy<br>Garlic Mashed Potatoes<br>Carrots<br>Fresh Fruit<br>Whole Wheat Bread              | 15<br><b>Apricot Roast Pork</b><br>Mashed Sweet Potatoes<br>Green Beans<br>Chocolate Pudding<br>Diet SF Vanilla Pudding<br>French Bread | 16<br><b>Swedish Meatballs</b><br>Mashed Potatoes<br>Scandinavian Vegetables<br>Fruited Ambrosia<br>Diet = Pineapple<br>Marble Rye Bread       | 17<br><b>Fish w/<br/>Parmesan Cream sauce</b><br>Wild Rice<br>Broccoli<br>Peaches<br>Pumpnickel Bread                           |
| 20<br><b>Pork Rib-i-que</b><br>Mac N Cheese<br>Mixed Vegetables<br>Cinnamon Pears<br>Sandwich Roll  | 21<br><u>Holiday Meal</u><br><b>Roast Turkey &amp; Gravy</b><br>Stuffing<br>Butternut Squash<br>Dinner Roll<br>Cream Puff | 22<br><b>Chicken Cacciatore</b><br>Gemmeli Pasta<br>Broccoli<br>Apple Crisp<br>Diet = Applesauce<br>Italian Bread                       | 23<br><b>Thanksgiving Day</b><br><br><i>No Meals Served</i>  | 24<br><b>Fish w/Crumb Topping</b><br>Rice Pilaf<br>Tuscany Style Vegetables<br>Fresh Fruit<br>Whole Wheat Bread                 |
| 27<br><b>Chicken Pot Pie</b><br>Mashed Potatoes<br>Corn Niblets<br>Peaches<br>Biscuit   | 28<br><b>Spaghetti Meatballs</b><br>Marinara Sauce<br>Green Beans<br>Cookie<br>Italian Bread                              | 29<br><b>Maple Glazed Ham</b><br>Sr Crm/Chive Mashed Pot<br>Carrots<br>Fresh Fruit<br>Marble Rye Bread                                  | 30<br><b>Potato Crunch Fish</b><br>Vegetable Rice Pilaf<br>Peas<br>Birthday Cake<br>Diet = Half Piece<br>Pumpnickel Bread<br>Tartar Sauce      |   |