

Town of Holliston
COA/Senior Center
150 Goulding Street
Holliston, MA 01746
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HOLLISTON SENIOR CENTER NEWS

Holliston Senior Center

November / December 2020

Note From the Director:

Those of you who have been following my articles over the years, know that I always write about the holidays in this edition. But this is a holiday season like no other. There won't be any large gatherings at the Center to celebrate, but we are still going to do our best to spread some holiday cheer. We also recognize many of you, like us, may have scaled down family celebrations, or maybe you won't get together at all. Since we can't spread our holiday cheer at the Center, we are offering it to go.

There is more information elsewhere in this newsletter, but we will be offering a traditional Thanksgiving meal to go, and in December we will also have a Holiday party to go, catered by Oliva's of Milford, just as our parties here were.

If you haven't already liked us on Facebook, we hope you will. Our van driver Debbie and I both like to wear our holiday spirit and we will be posting "festive" pictures throughout the season. This is also another way for you to stay connected to us.

As we have done for a number of years, we will be collecting gifts for seniors who are alone. With COVID, seniors have been more isolated than ever this year, and our small businesses have really struggled. We think you can help with both. We would love to see you shop at our local businesses, for gifts, or gift cards for seniors who are alone. There is more information inside this newsletter, but let's support everyone we can this holiday season.

I wish you all a happy and healthy holiday season!

-Linda Marshall, Director

Holliston Senior Center November / December 2020



As an AAA, BayPath Elder Services, every four years, is required to complete a community needs assessment for the Executive Office of Elder Affairs (EOEA). The results of this survey aide our organization's planning and advocacy efforts for the future. We need to hear directly from older adults who live in the communities that we serve. Let Your Voice Count! Please click or go to the link below to complete the survey. Thank you in advance for your assistance!

<https://www.surveymonkey.com/r/BayPath2022>

Did you miss our recent Concert in Your Car event in September?

Check out this link or tune in to HCAT to see a video recording of it!

<https://hcat.viebit.com/player.php?hash=Z5qrFYHJihjV>

Contact Us

Give us a call for more information about our programs, classes, and transportation.

Holliston Senior Center
150 Goulding Street
Holliston, MA 01746
(508) 429-0622

Monday through Thursday
9:00 am-4:00 pm
Friday 9:00 am-3:00 pm
Visits are by Appointment Only

Visit us on the web at
townofholliston.us/senior-center

[Like us on Facebook](#)

In This Issue

- Thanksgiving Lunch To Go
- Holiday Party To Go
- Fitness From Home
- NEW PROGRAM-Singing for Your Well Being
- Book Club
- Grief & Loss Support Group
- Legal Hour with Attorney Marsden
- Legal Advice with Attorney Bergeron and new Zoom Seminar Series
- Holliston Library
- Transportation
- SHINE
- Home Made Face Masks
- Fuel Assistance
- Holliston Cable Access Television (HCAT)
- Resources and Links for Services, Information, and Videos

COVID-19

FOR INFORMATION REGARDING COVID-19 PLEASE REFER TO THE TOWN WEBSITE AT:
<https://www.townofholliston.us/home/news/information-on-the-flu-and-covid-19-viruses>

Only refer to trusted sources when looking for information such as:

The CDC
<https://www.cdc.gov/COVID19>

FEMA's Coronavirus Rumor Control
<https://www.fema.gov/coronavirus/rumor-control>

Be Safe When Searching!

150 Goulding Street
Holliston, MA 01746
(508) 429-0622

Senior Center Hours

Monday—Thursday
9:00 am to 4:00 pm

Friday
9:00 am to 3:00 pm
Visits are by Appointment Only

Sunday, November 1, 2020



SOCIALLY DISTANCED SEASONAL EVENTS TO ENJOY



Thanksgiving Lunch To Go

Monday, November 23, 2020
12:00pm

We will be offering a complete Thanksgiving meal to go, prepared by our caterer, Kerry Bosselman, with all the fixings, delivered right to your car! Our friends at Newcomers and Neighbors will be providing pies for dessert.

Each participant will be given a time to pick up their food and treats to take home with them.

Donation of \$6.00 will need to be paid in advance for each person.

Reserve your spot now by calling the Senior Center at (508) 429-0622



Holiday Party To Go

Wed., December 16, 2020 12:00 pm

Come enjoy a Holiday party to go, catered by Oliva's of Milford. This will of course include their famous porketta, with roasted potatoes, eggplant parm, meatballs, and salad. Our friends of the Holliston Police Association will partner with us to provide dessert. Meals will include a few other holiday touches, and will be brought right to your car, by festively attired elves.

Donation of \$6.00 will need to be paid in advance for each person attending.

Reserve your spot now by calling the Senior Center at (508) 429-0622



OUTREACH CORNER BY MARTY SCHNEIER

I'm struggling a bit with this newsletter trying to think of upbeat things to write that will bring some comfort, ease and inspiration. I know I speak for a lot of us when I write about how tired I am of the pandemic and all things 2020! I've decided it's healthy to give ourselves permission to feel what we feel and admit that we're not okay and that it's ok to say so.

But what we do with these feelings and how best to navigate these times especially with the holidays around the corner is tantamount to how resilient we can be as we look forward to 2021. So here is a list based on NAMI's (National Alliance for Mental Illness) COVID-19 Resource and Information Guide:

- Be selective and limit news consumption
- Follow healthy daily routines...get enough sleep, eat healthy
- Exercise and move your body...walk, stretch, dance (I like this one!)
- Meditate...sit in silence or try some breathing exercises
- Do meaningful things with your free time...journal, read, do puzzles, create (remember Grandma Moses taught herself to paint in her late 70's)
- Stay connected and maintain social networks...Ask for help when you need it and share how you feel with others that you trust.

I wish each and every one of you a peaceful holiday season and please know, we are all in this together. Do know, my door is always open virtually or by phone and that I am here to listen or help you find resources to help through these challenging times.

Be well, Marty

NEWSLETTER EMAIL LIST

We have started to offer the newsletters via email. You can opt to receive your Senior Center News either by email, postal mail, or both (please circle preferred option). This option will allow you to receive your information quicker and also allows the Center to reduce the cost of printing and mailing. To be added to our email list for newsletters, please fill in the below form and mail to the Senior Center .

NAME(s) _____ PHONE _____

ADDRESS _____ TOWN _____

EMAIL ADDRESS _____

VERIZON CHANNELS
32—PUB 33—ED 34—GOV

Holliston Cable Access Television - HCAT

COMCAST CHANNELS
8—PUB 96—ED 11—GOV

Do you know how much HCAT has to offer? Did you know that you can watch some recorded presentations by Gary Hylander or get advice by watching "Money and the Law," a program hosted by John Drohan and Jay Marsden where they speak about many different topics? Other programs include "Just Thinking" "a program hosted by Mary Greendale where she speaks with people throughout the community. Also, there are some Legal Presentations by Attorney Arthur Bergeron.

HCAT continues to work with the Senior Center to bring some additional programs to the community including Chair Yoga with Roberta Weiner, some of the Walking Fitness programs and Allie's Pilate program.

Please be sure to visit their website www.HCATTV.org and add a few of these exciting programs to your daily schedule.

Resources For Services and Information

Holliston Pantry Shelf	info@hollistonpantryshef.org	508-429-5392
DTA (SNAP)	https://www.mass.gov/orgs/departement-of-transitional-assistance	877-382-2363
Unemployment	www.mass.gov/unemployment-insurance-ui-online Pandemic Unemployment UI-cares-act.mass.gov	
Coronavirus Updates	www.mass.gov/COVID19	
Domestic Violence	Voices Against Violence	508-626-8686
211	211.org (clearing house for many resources)	211

Senior Center Staff (508) 429-0622

Linda Marshall.. Director..... x212... marshalll@holliston.k12.ma.us
Bryan Perkins... Assistant Director..... x218... perkinsb@holliston.k12.ma.us
Marty Schneier. Outreach/Transportation x211... schneierm@holliston.k12.ma.us

Van Drivers

Debbie Dupuis, Del Greenlaw, Connie McGaffigan, Ellie Stackpole, Ron Turcotte

S.H.I.N.E. (Serving the Health Information Needs of Everyone) - Pegg Rowe

Council on Aging

Board Officers

Chair Kevin Robert (Bob) Malone
Vice Chair.. Bob Hopkins
Secretary .. Yvette Cain
Treasurer .. Carmen Chiang

Members: Millie Bedard,
Frank Caron, Kathy Anguish
Associate Members: Kay McGilvray,
Shirley Hopkins,

Meetings are held the second Wednesday of the month at 1:00pm remotely. Call the Senior Center for information on joining.

Production and distribution of this bimonthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs and your generous donations.



The Senior Support Foundation

The Senior Support Foundation (SSF) is a group of volunteers who raise funds to help support the seniors and Senior Center in Holliston, allowing them to offer services and programs to our Community.

The Board Members

President..... Neil Svendsen
Vice President..... Stan Feinberg
Treasurer Larry Wise
Secretary Nan Malone

The SSF meets the second Thursday of each month at 10:00 am at the Senior Center. All are welcome to attend. Please watch the calendar for any date or time changes.

IMPORTANT NOTE REGARDING TRANSPORTATION

Due to current concerns with COVID19 we will be following MWRTA guidelines by requiring that all riders wear a face mask that covers both nose and mouth and strictly follow social distancing rules which will allow only 2 passengers on a bus at a time. We are able, at this time, to only offer essential rides such as medical appointments, limited grocery shopping, and essential errands. We will adhere to our regularly scheduled days for going to certain neighboring towns as well. If you have any questions about a particular ride, please do not hesitate to call Marty before scheduling with the MWRTA.



The Holliston Senior Center, in partnership with the MetroWest Regional Transit Authority, offers Holliston Seniors low-cost, reliable and safe, door-to-door transportation to medical appointments, shopping and other essential appointments Monday through Friday.

To be eligible to participate in this program you **MUST be registered with the MWRTA** and set up a “fare account” before you can take your first ride. They may be reached at **(508) 820-4650**. Once registered, you must call the **MWRTA** at least **TWO BUSINESS DAYS** before your requested ride. **All rides are initially scheduled with the MWRTA**. Appointments must be scheduled no earlier than **9:00 AM** and must end by **3:30 PM**. **PLEASE CALL AT LEAST 3 HOURS BEFORE SCHEDULED PICKUP IF CANCELING, OR LEAVE A MESSAGE WITH THE MWRTA THE EVENING BEFORE.**

- Rides to the Center are \$.50 each way
- In-Town rides are \$1.00 each way
- All out-of-town rides are \$2.00 each way

MONDAY

- Milford
- Mendon
- Hopedale
- Upton
- Franklin
- Medway
- Millis
- Holliston

TUESDAY

- Natick
- Framingham
- Ashland
- Southborough
- Holliston

WEDNESDAY

- Market Basket in Bellingham
- Milford
 - Medway
 - Mendon
 - Hopedale
 - Upton
 - Franklin
 - Medway
 - Millis
 - Holliston

THURSDAY

- Market Basket in Ashland
- Natick
 - Framingham
 - Ashland
 - Southborough
 - Holliston

FRIDAY

- Holliston Errands and Appointments Only



SHINE

Medicare Open Enrollment

SHINE is still available to help - by phone/Zoom! It’s that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers offer free, confidential counseling on Medicare options. Call soon to schedule your phone appointment for any time from October 15th through December 7th.

To schedule a phone appointment with SHINE Counselor, Pegg Rowe, please call the Senior Center at (508) 429-0622.

Phone-a-Friend

Recognizing the effects of the isolation this pandemic has had on all of us and how difficult it has become for some of us to see family and friends with any regularity, we here at the Senior Center would like to pilot a program to help people stay connected. If you think a weekly phone call might help (and making a new friend) or if you are interested in volunteering your time to make calls, please contact Marty for more information at 508-429-0622.

Fuel Assistance

Applications for Fuel Assistance are on the way. This program runs through April 30, 2021 and is available for both home owners and renters. We, here at the Senior Center, can assist any resident of Holliston (regardless of age) with this application.

If you think you might qualify, need more information, or to set up an appointment, please call Marty Schneier at (508) 429-0622.

GIFTS FOR SENIORS



Each year we partner with the Senior Support Foundation, to collect gifts for seniors who are alone. This year, more than ever, it is important that we reach out to those who are isolated, so they know that they are not alone, and that their community cares. And at a time when many of our local businesses are struggling, what better way to support our businesses, and Seniors, than to purchase gifts, or gift cards from them, to go to those alone and isolated.

Suggested gift ideas are: sweet treats of all kinds, teas and cocoas, notecards and stamps, crossword, word search, and jigsaw puzzles, hats and gloves for men and women, restaurant gift cards, toiletry items, are just some thoughts. As always, gift cards to grocery stores and pharmacies are always needed. If you would prefer to make a monetary donation, checks can be made out to the SSF, and needed items will be purchased. Please call the Center to arrange to drop off your donation.

If you know a senior who is alone, please let us know so that they may be added to our list.

The Senior Support Foundation continues its support of Holliston Seniors and the Senior Center during these times. We have coordinated with the staff of the Center to fund requirements not normally supported by the Town. -Neil Svendsen, Chair



Michael Cassidy, Fire Chief and Emergency Management Director

Getting all your decorations out for the holidays? What to remember:

Home Safety Tips for Seniors for the Holidays

- Use basic decorations that won’t create clutter. Keep pathways in the home free of obstacles; don’t block them with presents, decorative arrangements, or relocated furniture. Ensure seasonal decorations don’t obstruct the visibility of the house or apartment number.
- Avoid any decorations that are made of flammable materials, including tissue paper, tinsel, and cotton. Stick with flame-resistant decorations and you’ll reduce the risk of fire significantly.
- Make sure that holiday lights or illuminated decorations are in good working condition; this means high-quality lights and no frayed wires or broken bulbs. Be sure to keep extension cords out of the way of walking areas to protect against falling over them. Make sure not to overload outlets with too many extension cords.
- Remove candles and replace with bright centerpieces of fruit or flowers, or consider using battery powered candles.

For more tips on staying healthy during holiday celebrations during both the COVID-19 pandemic and flu season, check the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Chief Cassidy



Sergeant Glenn Dalrymple, Elder Affairs Officer–Holliston Police

I would just like to wish everyone continued good health and send them warmest regards from the members of the Holliston Police. I would also like to remind everyone be alert for various scams which are targeting ours residents These scams come in many forms but most have a common theme. The victims are called on the phone and told they need to send money to pay overdue bills, fines, taxes or to bail a loved one out of jail. The victims are then instructed to go to a local store and purchase gift cards and to then read the numbers over the phone to the caller. These transactions are not traceable and the victim will not be able to recoup lost funds. In short if someone is instructing you to take these steps IT IS A SCAM! hang up the phone and call the police.

FITNESS AND MORE FROM HOME

To sign up for any of the Zoom programs, please be sure to call the Senior Center at (508) 429-0622 to get registered. We will then notify each instructor and they will contact you with the sign in information.

**** **NEW PROGRAM** **** **SINGING FOR WELL BEING**

Special Holiday Schedule:

1st and 3rd Thursday at 10:30 am

November 5th and 19th, December 3rd and 17th

Improve your overall health in these fun and easy, stress-free singing sessions. These one-hour sessions will include:

- Tips for better breathing
- Learning relaxing mindful meditations
- Easy body warm-ups (seated or standing)
- Singing songs from around the world together
- All in the comfort of your own home on Zoom!

Meet new friends and have fun while improving your posture, breathing, relaxation and overall mental health and well-being! Last couple months were a big hit so sign up today.

Kris Adams has been teaching music and taking yoga for over 25 years and is a certified Singing for Lung Health facilitator.

The suggested donation is \$4.00 per class and payments will be made to the SSF.

Please call the Senior Center at (508) 429-0622 to sign up and make arrangements for payment. We will need to provide Kris with your name, phone number, and email for her to include you in her Zoom classes.



We welcome you to join us on the second Friday of the month at 1:30 pm to enjoy some interesting titles. In November, we will discuss "A Guide to the Birds of East Africa" by Nicholas Drayson. In December, we will discuss "That Churchill woman : a novel" by Stephanie Barron.

The Holliston Public Library can help you get books for the meetings and will be available for curbside pickup. Call the Library with any questions (508) 429-0617.

Please sign up at the Senior Center (508) 429-0622 to be added to the Zoom meeting. Conference call is also an option for those who do not have internet/camera access.

Yoga

Yoga is a wonderful way to stay limber and get more energy! It can help boost your circulation, stretch and strengthen all your muscles, help you get a good night's sleep, and relax and de-stress you! Roberta Weiner, a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in Holliston, will be running two different Yoga classes.

⇒ Chair Yoga—FREE via HCAT (Comcast Ch. 11, Verizon Ch. 34). This program is geared toward those who would like to either try Yoga or for those who aren't interested in the full Yoga class on the floor mats. Roberta will be recording this class each month on Holliston's Cable channel. HCAT will publish the schedule each month and you will be able to join in whenever you want. There is no donation requested for this class.

⇒ Yoga—Monday & Wednesdays via Zoom, \$4.00 donation per class requested. This is the usual Yoga class that is normally held at the Senior Center. Roberta will be holding her class every Monday and Wednesday morning from 11:00 am—Noon via Zoom.

Pilates

Pilates will also be held in two different formats.

⇒ Thursdays from 9:00 am—10:00 am via Zoom, \$4.00 donation per class requested. Please join Sharon Broadley-Martin as she leads the class to help improve your strength, balance and circulation through a whole-body workout.

⇒ Free Pilates on HCAT. This program is a pre-taped program with Instructor Allie Barrett. Allie was an instructor at the Senior Center prior to her relocation. HCAT will publish the schedule each month and you will be able to join in whenever you want. There is no donation requested for this class.

Walking Fitness

This is a free, video-led, in-place walking program that will be run on Holliston's Cable channel. These videos have been used at the Center for the past year and have been very successful. Be prepared to work up a sweat while walking in place with different levels of walking. This program provides a great cardio workout, brain power, waistline trimming, and overall fitness.

HCAT will publish the schedule each month and you will be able to join in whenever you want. There is no donation requested for this class.

ATTORNEY ARTHUR BERGERON

New Live Zoom Seminar Series:

December 1 at 1:00 pm. – a one-hour presentation, including questions and answers

*** Tis the Season, or is it? ***

Gifting may help you avoid probate, avoid estate taxes, and protect your assets if you later need nursing home care; but you may be giving the recipient increased tax liability, and the gifts may need to be given back later if you get sick. In this seminar elder law Attorney Arthur Bergeron will discuss the advantages and disadvantages of gifting to help you determine the best approach for you.

Call the Senior Center at (508) 429-0622 to sign up in advance

Legal Advice:

Attorney Bergeron will continue to offer a free 15-minute legal advice through the Senior Center on the 4th Monday of the month from 10 am - 12 pm.

You have the option of either talking with him over the phone or virtually using Zoom video conference.

Call the Senior Center at (508) 429-0622 to sign up for your 15-minute meeting with Attorney Bergeron to discuss legal questions or concerns.

Programs to be aired on HCAT:

Check their schedule for date, times, and channel

It's That Time of Year Again is focused on reviewing your Medicare Plan options and discusses supplemental plans, drug coverage, and understanding your options to plan ahead and save time and money for 2021.

Tis the Season, or is it? The live zoom seminar will also be aired on HCAT in December in case you missed out.

Grief and Loss Support Group

Second Tuesday of the month
November 10th and December 8th
1:00 to 2:30 PM

Most of all, I am giving myself, and you, permission to feel what you feel. We are not okay, and it's fine to say so.

If you have experienced grief and loss and would like to join us in community, friendship and support please join us on the 2nd Tuesday of each month. If you are interested, please call and register with our receptionist to get the Zoom invite. If you prefer calling into the session instead of Zoom, that is also an option.

Feel free to call Marty with any questions you might have regarding the group.

Legal Hour with Attorney Jay Marsden

Helping clients plan and secure their legacy for future generations.

Attorney Jay Marsden continues to meet with individuals for a complimentary 30-minute consultation. This meeting will be done via Zoom or telephone on the 2nd Tuesday of each month between 10:00 am and noon.

If you would like to schedule an appointment with Jay, please call the Senior Center at (508) 429-0622 to sign up for your personal consultation.

HOLLISTON PUBLIC LIBRARY

Finally some GOOD NEWS! Holliston Public Library is open to the public! Hours are as follows: Monday, Tuesday, Thursday, and Friday: 10:00 am—6:00 pm, Wednesday: 10:00 am—8:00 pm and Saturday: 10:00 am—4:00 pm until. We still offer curbside pickup for those who would prefer it. Order as you normally would (delivery is still on the slower side) and give us a call when you get notification of your items being ready to ask for curbside pickup. And if you are staying at home these days, call us at (508) 429-0617 and we will arrange a porch-side delivery, thanks to our awesome volunteers!

In addition we offer e-books and downloadable audiobooks through Libby and Hoopla. If you haven't tried them already, we recommend their collections, available with your library card. We are happy to help, so come in with your device or give us a call with questions. Libby has the latest bestsellers, but you may have a wait to start reading. Hoopla is ideal for beginners: its ebooks, downloadable audiobooks, movies, TV, and music are always available, no waitlists, through the Hoopla app, see our website hollistonlibrary.org for details. Currently we are offering 6 downloads per person per month.

Let us know if you have questions about the library's services by emailing tpage@minilib.net, we are happy to help!