

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

Holliston Senior Center

September / October 2020

Note From the Director:

Fall is just about upon us, and I can't believe it has been six months since we have been impacted by Covid. This time has been difficult for everyone. We want you to know that at this time we are open by appointment only. You can schedule a time to use the computer room, visit the book store or Good as New Shoppe, or to see staff. All visits are limited to one hour. We are also providing essential transportation. We would love to see you so please give us a call.

We will be having a couple of outdoor events over the next couple of months, and you can find information on them in this newsletter. We continue to offer yoga and pilates on Zoom, and Holliston cable is showing several programs.

This Fall, will also see other changes at the Center. As many of you know our Assistant Director, Linda Sottile has been working remotely from her new home in South Carolina over the summer. She will be leaving our staff in September. In September we will also be welcoming a new Assistant Director, Bryan Perkins, who comes to us from a program called Friendship Works, a non-profit senior services organization in Boston.

Join us as we thank Linda for her 5 years of service to the Center, for her dedication, creativity and energy she brought. We wish her much happiness with her family in South Carolina!

Linda Marshall - Director



## Holliston Senior Center September / October 2020

### SOCIALLY DISTANCED EVENTS TO ENJOY (Please remember to wear your masks when within 6 feet of another individual)

#### Concert in your Car Along with a Boxed Meal "Jumpin' Juba"

Tuesday, September 22, 2020 5:00 pm  
(Rain Date of September 24th)

Come enjoy a boxed meal along with a fun concert from your car. There will be a limit of 40 people allowed to attend, so please reserve your space for each person in your vehicle.

Donation of \$5.00 will need to be paid in advance for each person attending the concert.

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

#### Drive-By Halloween Cookout & Senior Trick or Treating

Tuesday, October 27, 2020  
11:30 am—1:00 pm  
By Reservation Only  
(Rain Date of October 29th)

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

Donation of \$5.00 will need to be paid in advance for each person.

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

## 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](https://www.townofholliston.us/senior-center)

[Like us on Facebook](#)

## In This Issue

- Book Club
- Fitness From Home
- NEW PROGRAM-Singing for Your Well Being
- Massachusetts Seniors Farmers' Market Nutrition Program
- Grief & Loss Support Group
- Legal Hour with Attorney Marsden
- Holliston Library
- Legal Advice with Attorney Bergeron
- Transportation
- SHINE
- Home Made Face Masks
- Fuel Assistance
- Holliston Cable Access Television
- Resources for Services and Information
- Concert in Your Car—Jumpin' Juba
- Drive-By Halloween Cookout and Senior Trick or Treats

## 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



Remember to move your clocks back one hour.



**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 we will be strictly following social distancing rules as it pertains to how many people are on the bus at any given time. We also will only be able to 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Milford</li> <li>• Mendon</li> <li>• Hopedale</li> <li>• Upton</li> <li>• Franklin</li> <li>• Medway</li> <li>• Millis</li> <li>• Holliston</li> </ul>	<ul style="list-style-type: none"> <li>• Natick</li> <li>• Framingham</li> <li>• Ashland</li> <li>• Southborough</li> <li>• Holliston</li> </ul>	Market Basket in Bellingham <ul style="list-style-type: none"> <li>• Milford</li> <li>• Medway</li> <li>• Mendon</li> <li>• Hopedale</li> <li>• Upton</li> <li>• Franklin</li> <li>• Medway</li> <li>• Millis</li> <li>• Holliston</li> </ul>	Market Basket in Ashland <ul style="list-style-type: none"> <li>• Natick</li> <li>• Framingham</li> <li>• Ashland</li> <li>• Southborough</li> <li>• Holliston</li> </ul>	<ul style="list-style-type: none"> <li>• Holliston Errands and Appointments Only</li> </ul>

 **SHINE**  
 Medicare Open Enrollment

SHINE is still available to help - by phone! 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.

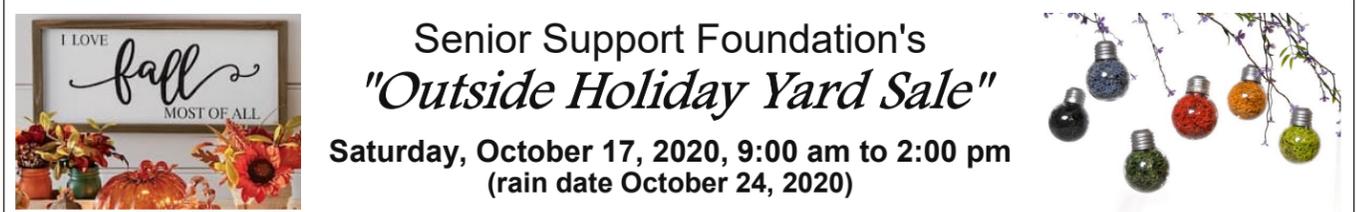
**HOMEMADE FACE MASKS**

Special shout out to Carolyn, Diane, Martha, Bea and Pooja and friends for the donations of the beautiful hand made facemasks!!! We have been so appreciative and because of their generosity and talent we have been able to outfit a number of Holliston Seniors with reusable, washable face masks. We still have a few left here at the Center so if you are in need of one, please feel free to call Marty at the Center.

**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.



Senior Support Foundation's  
**"Outside Holiday Yard Sale"**  
 Saturday, October 17, 2020, 9:00 am to 2:00 pm  
 (rain date October 24, 2020)

Come get your Fall, Halloween and Christmas decorations.  
 Social distancing Rules Apply and Face Masks Will be Required.



**Senior Support Foundation**

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**

Venturing out into a public setting? What to consider before you go.

As communities and businesses across the United States are opening, you may be thinking about resuming some activities, running errands, and attending events and gatherings. **There is no way to ensure you have zero risk of infection**, so it is important to understand the risks and know how to be as safe as possible.

People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before deciding to go out and ensure they are taking steps to protect themselves. Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. **Everyone should take steps to prevent getting and spreading COVID-19** to protect themselves, their communities, and people who are at increased risk of severe illness.

In general, **the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.**

- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand and use them when venturing out:: a cloth mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing masks or ask others around you to wear masks.

source: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

**Chief Cassidy**

 **Sergeant Glenn Dalrymple, Elder Affairs Officer--Holliston Police**

I would like to tell my friends who work at and visit the Senior Center that I miss being able to meet with you. I look forward to being able to resume our monthly coffees, hopefully in the not too distant future. Until then I hope you take care of yourselves and follow the protocols which will help keep you all healthy and safe.

There have been some solicitors going door to door in violation of the restrictions. The residents are advised to not answer their door to strangers as a rule. We have also learned of some new scams involving COVID unemployment checks and Stimulus payments. When in doubt check with Police if you get calls or mail which seems suspicious or out of the ordinary.

Sergeant Dalrymple

### 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**

Second and Fourth Thursday at 10:30 am  
September 10th and 24th, and October 8th and 22nd

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

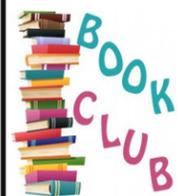
- Tips for better breathing
- Learning relaxing mindful meditations
- Easy body warm-ups (seated or standing)
- Singing songs from around the world together
- All in the comfort of your own home on Zoom!

**Meet new friends and have fun while improving your posture, breathing, relaxation and overall mental health and well-being!**

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

Beginning September 10th (the first class is free) continuing each month. 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 September, we will discuss "One Thousand White Women: The Journals of May Dodd" by Jim Fergus. In October, we will discuss "Climate Justice" by Mary Robinson, and "The Awakening" by Kate Chopin.

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. 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.

#### **Massachusetts Seniors Farmers' Market Nutrition Program**

We are again this year offering discount coupons to local Farmers' Markets to qualifying seniors. This program is funded by the U.S. Department of Agriculture and the State of Massachusetts and sponsored by Bay Path Elder Services. The coupons are good until October 31<sup>st</sup>. Please call Marty if you think you might be able to take advantage of this program.

#### **Legal Advice with Attorney Bergeron**

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.

#### **ATTORNEY ARTHUR BERGERON**

Programs to be aired on HCAT, check their schedule for date, times, and channel

**Married Couples: Update on Estate Planning Strategies** is focused on couples who want to look at whether they should revisit their estate plan.

**Getting Care at Home During the Pandemic** will focus on MassHealth and other programs designed to help your loved one, especially one with dementia, stay out of a nursing home. This program is especially relevant given COVID-19.

#### **Grief and Loss Support Group**

Second Tuesday of the month  
September 15 and October 13th  
1:00 to 2:00 PM

"At every milestone, there will be gratitude and grief in equal measure. Even as we recover, we will also see what has been lost. Allow gratitude and grief to reside in your heart together." Angela Blanchard

If you have experienced grief and loss and would like to join us in community, friendship and support please join us on the 2<sup>nd</sup> Tuesday of each month. We're going "Zoom"!!! So if you are interested and have access to a computer and the internet please call and register with our receptionist to get the Zoom invite.

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](http://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](mailto:tpage@minilib.net), we are happy to help!