

# JANARY 2016

## Massachusetts RMV in Center

The RMV was looking for a way to reduce Lines and frustration at the registries and they Decided to have "host sites" Our Center is one of those sites.

You will be able to make an appointment And come into the center to do the following:

- ◆ Renew a license (age 74 & under)
- ◆ Replace a lost or stolen placard form
- ◆ Apply for a duplicate license
  - ◆ Renew a registration
  - ◆ Change of address

Why wait in line at the Registry? Make an Appointment and come into the center.

Monday through Thursday  
9:30 AM-2:30 PM



*The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of its elders.*

### ELDERBUS

IN TOWN TRANSPORTATION DAILY  
MEDICAL APPOINTMENTS IN WORCESTER ON  
MONDAY, WEDNESDAY FRIDAY.

48 BUSINESS HOUR

NOTICE

1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT

## January Meals at the Center

- Tuesday 1/5/16: Pot Roast Stew w/succotash/cookie
- Thursday 1/7/16: Turkey Salad Sandwich/soup/cookie
- Tuesday 1/12/16: Buttermilk Chicken/ Red Bliss Potatoes/Fruit
- Thursday 1/14/16: Pork Rib-i-que/Hot potato salad/strawberry cup
- Tuesday 1/19/16: Pork Stroganoff/egg noodles/peas/mandarin oranges
- Thursday 1/21/16 Garlic Chicken/ Couscous/veggie/ peach streusel cake
- Tuesday 1/26/16: To be Announced
- Thursday 1/28/16: Beef Burgundy/rice/Brussel sprouts/cake

Please call 48 hours prior to meal for reservations.

Suggested voluntary donation: \$3



## SENIOR CENTER WISH LIST

We are in need of kitchen items. I have been bringing my pans, etc to the center when needed but a senior suggested that I notify other seniors who are "downsizing" their kitchen supplies that we could use some donations. Any donation will be greatly appreciated.



### *Members of the Council on Aging*

<i>Pamela Woodbury-Director</i>	<i>Joan Houston-Member</i>
<i>James Letendre-Chair</i>	<i>Janet Goff-Member</i>
<i>Christine Alessandro-Vice Chair</i>	<i>Christine Mancini-Member</i>
<i>Diane Johnson-Treasurer</i>	<i>Susan Arsenault-Member</i>
<i>Pat Corson-Member</i>	<i>Sheila Pheonix-Member</i>

News from SHINE January 2016

***Can I still change my Medicare Plan?***

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

**For those with a Medicare Advantage Plan:**

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

***If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.***

**“SHINE’S MEDICARE AND MORE” PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and

ask about it.

**CENTRAL MASS SHINE WEBSITE**

The Central Mass Region has recently launched it website. You can visit us at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shine-ma.org



***SAVE THE DATE***



**DINNER AND DANCING**

MHPI, owner of Senior Living at Prouty is hosting a Valentine’s **DINNER AND DANCE** at **THE SPENCER SENIOR AND COMMUNITY CENTER, 68 MAPLE ST** (in the old Maple Street School)

The dance will be held on Friday evening, **February 12 from 5 to 9pm.**

In case of inclement weather the dance will be held Saturday, February 13 from 5 to 9pm.

Notification will be announced on 96.1 radio. The event is **FREE**, but space is limited , so you must pick up free tickets at the center or by calling

Senior Living at Prouty at 617-431-4937. DJ music provided by “Sounds by Rich”



# THAT WAS THE YEAR.....1966

**President and Vice President:** Lyndon B. Johnson and Herbert Humphry

**Headlines:** Richard Speck Murders 8 Nurses in Chicago

Ex Marine Charles Whitman Kills 14 and Injures 31 On a Killing Spree at The University of Texas

Ronald Regan Enters Politics on June 7 and Becomes Governor of California

Gemini 10 Launches and is Successful Space Program

Mohamad Ali, Formally Known as Caccius Clay, Declares He is A Conscientious Objector and refuses to go to war



**Facts:** Minimum Wage: \$1.25                      Life Expectancy: 66.7 for men                      Unemployment: 4.5%  
Average Income: \$6,900    73.8 for women

**Cost of Food:** Eggs: 55¢ per dozen                      Cheerio's: 28¢ box                      Hershey Bar: 5¢  
Milk: 99¢ per gallon                      Frozen Pot Pie: 29¢                      8 oz. Kraft Cheese: 39¢  
Bacon: 79¢ per lb.                      Gerber's Baby Food: 25¢ for 3 jars

**Cost of Living:** House: \$14,200                      Dishwasher: \$119.95  
Car: \$2650                      Postage Stamp: 5¢  
Gas: 32¢ gallon

**Sports:** World Series: Baltimore d. LA Dodgers (4-0)                      Kentucky Derby: Kauai King  
Stanley Cup: Montreal d. Detroit (4-2)  
NBA: Boston d. LA Lakers (4-3)

**What's New:** Mini Skirts                      Color TV popular                      Beatles Revolver  
Kevlar                      Batman TV Series                      How the Grinch Stole Christmas  
Pampers                      Beach Boys Pet Sounds



**Deaths:** Walt Disney                      Sophie Tucker                      Elizabeth Arden  
Buster Keaton                      Montgomery Cliff                      Margaret Sanger  
Hedda Hopper                      Lenny Bruce

**Births:** Mike Tyson                      Gordon Ramsay                      Patrick Dempsey                      Troy Aikman  
Adam Sandler                      Cindy Crawford                      Martina McBride                      Janet Jackson



www.elpartid.com 100002

# JANUARY 2016



www.elpartid.com 100002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suggested lunch donation \$3					1	2
3	4 9:30 Cribbage \$1 Bakery T/B/A	5 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	6 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	7 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	8	9
10	11 9:30 Cribbage \$1 Bakery T/B/A	12 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 Wellness Clinic 1:00 Bingo	13 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	14 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	15	16
17	18 9:30 Cribbage \$1 Bakery T/B/A	19 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	20 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	21 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	22	23
24	25 9:30 Cribbage \$1 Bakery T/B/A	26 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	27 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	28 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 BP Clinic 1:00 Bingo	29	30
31						Birthday cake provided by Quaboag on the Common

All programs are paid for through a Formula Grant from The Massachusetts Executive Office of Elder Affairs