

AUGUST 2016

The Spencer Senior Center and Community Center

is open Monday through Thursday

9:00 AM through 3:00 PM

Our phone number is 508-885-7546

If you need help, please call to make an appointment and I will get back to you as soon as possible.

Lunches are available Tuesdays and Thursdays at noon.

48 hour reservation for lunch

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 it's 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 COUNSELOR. PLEASE CALL THE CENTER AT 508-885-7546

Members of the Council on Aging

Pamela Woodbury-Director	Joan Houston- Member
James Letendre-Chair	Janet Goff-Member
Christine Alessandro-Vice Chair	Christine Mancini-Member
Susan Arsenault- Member	Sheila Phoenix- Member

2 openings available

SENIOR TAX WORK OFF PROGRAM

You may be able to save up to **\$1000 off your real estate tax bills** by working for the various town departments.

You will earn \$10 per hour which will be taken off your tax bill. Most departments use senior workers and there may be something you are interested in.

If you are 62 and over and make **under \$43,050 for a single person or under \$49,200 for a married couple**, you qualify to begin the program 7/1/16. Incomes over that amount may begin on 10/1/16.

Call 508-885-7546 for more information

(Last month's newsletter listed the amounts incorrectly)

August Meals At the Center

Tuesday 8/2/16: Pot Roast Stew; potatoes; yogurt

Thursday 8/4/16: Meatloaf & Gravy; potato; fruit

Tuesday 8/9/16: Buttermilk chicken; potato; fruit

Thursday 8/11/16: pork rib; hot potato salad; strawberries

Tuesday 8/16/16: hamburger w/peppers & onions; fruit

Thursday 8/18/16: beef & broccoli; rice; pineapple

Tuesday 8/23/16: chicken/asparagus; potato; oranges

Thursday 8/25/16 American chop suey/cake

(All meals served with bread/milk)

Served at 12:00 PM

You must call and sign up 48 hours before the meal.

508-885-7546. Sign up sheet is in the back of the room

We reserve the right to make substitutions

MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES

Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow or widower of a veteran with an income of \$1980.00 or less and cash assets of less than \$5,000, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,670 per month and combined cash assets are less than \$9,800, then you may be eligible for these benefits. This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. **If you meet these guidelines, contact your local city or town Veteran's Service Officer and tell them you would like to submit a Chapter 115 application for benefits. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.**

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **Soon we will be adding a monthly "Check your Mailbox" section to our site that will update you on mailings you can expect from Medicare, MassHealth and other insurance providers.**

We also have a link to our very informative cable TV program Medicare and More.

"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". This program is designed to educate and update MEDICARE beneficiaries and their families, on MEDICARE and other programs

and benefits that can assist you with your health insurance coverage.

Trained SHINE (Serving Health Information 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 www.shinema.org

THANK YOU

At the new Senior and Community Center, we are gaining on everything that needs done. We have more to do but with everyone's patience, it is all coming along nicely.

The sign was blown down over the winter but a solution was found and it is going back up.

We could never have gotten so much accomplished without the help and donations of the following:

Lil and Randy Johnson for the kitchen items

Gregoire Electric for helping with wiring

Morrison Fence for fixing the chain link fence

Houston Security for the security system

All the people who donated to outfit our kitchen



THANK YOU ALL SO MUCH

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Spencer Community and Senior Center on 9/26/2016. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

THAT WAS THE YEAR.....1973

PRESIDENT & VICE PRESIDENT: RICHARD NIXON AND SPIRO AGNEW (RESIGNED 10-10-73); GERALD FORD (12-6-73)

HEADLINES: ROW V. WADE MAKES ABORTION CONSTITUTIONAL RIGHT

CHRYSLER AND OTHER U.S. CAR MANUFACTURERS CLOSE A NUMBER OF PLANTS AFFECTING 100,000 WORKERS

U.S.TROOPS WITHDRAW FROM VIETNAM AND U.S.INVOLVMENT IN THE WAR ENDS WITH A PEACE AGREEMENT

WORLD TRADE CENTER IN N.Y. BECOMES THE TALLEST BUILDING IN THE WORLD

ARMED MEMBERS OF THE AMERICAN INDIAN MOVEMENT OCCUPY THE TOWN OF WOUNDED KNEE SOUTH DAKOTA FROM FEBRUARY TILL MAY

IN A TENNIS MATCH BILLED AS *THE BATTLE OF THE SEXES* BILLIE JEAN KING DEFEATS BOBBY RIGGS

COST OF LIVING

NEW HOUSE: \$32,500

MONTHLY RENT: \$175

FORD GALAXY: \$3,883

8 TRACK TAPE PLAYER: \$44.50

CROCK POT COOKER: \$17.79

AVERAGE INCOME: \$12,900

MINIMUM WAGE: \$1.60

LIFE EXPECTANCY: 71.4 (women) 67.6 (men)

GALLON OF GAS: 40¢

POSTAGE STAMP: 8¢

COST OF FOOD

DOZEN EGGS: 45¢

MORTON'S TV DINNER; 36¢

LOAF OF BREAD: 27¢

GALLON OF MILK: \$1.36

BUTTER \$1.33 LB.

BACON: 80¢ PER LB

COFFEE: \$1.90 PER LB

TECHNOLOGY

SKYLAB IS LAUNCHED

CONCORD CUTS FLYING TIME IN 1/2

GENETIC ENGINEERING

BARCODE INVENTED

OPTICAL FIBER

JETSKI

NASA LAUNCHES MARINER 10



DEATHS

J.R.R. TOLKIN

BOBBY DARIN

PABLO PICCASO

ALBER DESALVO

BRUCE LEE

PRESIDENT LYNDON JOHNSON

JIM CROCE

PEARL S. BUCK

EDWARD ROBINSON

BETTY GRABLE\

LON CHANEY JR.

MARGRET MERRIWEATHER POST

EDDIE RICKENBACKER

NOEL COWARD



AUGUST 2016



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

All programs at the senior center are fully funded by a Formula grant through the Executive Office of Elder Affairs