

# SEPTEMBER 2016

*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

The Spencer Senior Center and Community Center

Monday through Thursday 9:00 AM through 3:00 PM 508-885-7546

If you need help, please call to make an appointment

Lunches are available Tuesdays and Thursdays at noon.

48 hour reservation for lunch

## **\*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

### *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*

*Martha Brunell-Member*

*Mary Williams-Member*

*Rachel Sugalski-Alternate*

## **NEWS FROM SHINE FOR**

### **SEPTEMBER 2016**

## **Don't Ignore Your Medicare Mail!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information 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 2017 including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

**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 [shinema.org](http://shinema.org)**

### **"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**

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

**Medicare**

# COA ANNUAL INFORMATION FAIR FOR SENIORS AND THEIR FAMILIES

Celebrating *Senior Center Month*

FRIDAY, SEPTEMBER 23, 2016

AT THE SPENCER SENIOR CENTER  
68 MAPLE ST. (BACK DOORS)



TRI VALLEY ELDER SERVICES

SCM ELDERBUS

TUFTS HEALTHCARE

Navicare

BC/BS OF MASSACHUSETTS

Family Services of Central Ma

SHINE

Caregiver Homes of Ma

R.S.V.P.

Home Staff LLC

WORCESTER COUNTY SHERIFF'S DEPT. Tabaco Free Community Partnership

FAIRLAWN REHABILITATION HOSPITAL

OVERLOOK

(Partial List of participants)

**10:00AM-1:00PM**

**DOOR PRIZES!**

**GIVE AWAYS!!**

**STOP BY THE VENDOR TABLES FOR INFORMATION**

**GREAT OPPORTUNITY TO SEE WHAT IS AVAILABLE TO HELP**

**YOU OR A LOVED ONE AGE IN PLACE**

**REFRESHMENTS ON US!**







# SEPTEMBER 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
DRIVE SAFELY	WATCH FOR	SCHOOL	BUSES	1 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	2	3
4	5 <b>CLOSED</b>	6 9:30 Yoga 10:30 Exercise  <b>NO LUNCH</b> <b>NO BINGO</b>	7 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	8 9:30 Yoga 10:30 Exercise  <b>NO LUNCH</b> <b>NO BINGO</b>	9	10
11	12 9:30 Cribbage \$1 Bakery T/B/A	13 9:30 Yoga 10:30 Exercise 11:30 WELLNESS CLINIC 12:00 Lunch 1:00 Bingo	14 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	15 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	16	17
18	19 9:30 Cribbage \$1 Bakery T/B/A	20 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	21 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	22 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	23	24
25	26 9:30 Cribbage \$1 Bakery T/B/A	27 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	28 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	29 9:30 Yoga 10:30 Exercise 11:30 B/P CLINIC 12:00 Lunch 1:00 Bingo	30	

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