

OCTOBER 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 NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNSELOR. PLEASE CALL THE CENTER AT 508-885-7546

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

James Letendre-Chair

Christine Alessandro-Vice Chair

Susan Arsenault-Member

Martha Brunell-Member

Rachel Sugalski-Alternate

Joan Houston-Member

Janet Goff-Member

Christine Mancini-Member

Sheila Phoenix-Member

Mary Williams-Member

Meals for October at the Center

Meals are served at the senior center on Tuesdays and Thursdays. The cost is a voluntary donation and \$3 is suggested.

You must call 48 hours before the meal to register.

October 4: Shephard's Pie/Peas & Carrots/ Oranges

October 6 Chicken Caccitore/Penne/Veggies/Vanilla Mousse

October 11 Pot Roast Stew/Potato/Fruit

October 13: Pasta Bar/ Bread sticks/dessert

October 18 Buttermilk Chicken/Potato/Veggie/Tapioca Pudding

October 20:

October 25: Pork Rib/Hot potato salad/corn/strawberries

October 27: Stuffed Shells/Green Beans/Carrots/Cake

THE PASTA BAR

YOUR CHOICE TO MAKE IT YOUR WAY

YOU GET: PENNE PASTA

YOU CAN HAVE:

MARINARA SAUCE; ALFREDO SAUCE
MEATBALLS, SAUSAGE, BROCCOLI, CHICKEN
CHEESE; BREAD SHITICKS AND DESSERT

WE WILL BE HAVING A PASTA BAR

EVERY OTHER MONTH

DON'T WAIT!

TRY IT TODAY

RESERVE YOUR MEAL 508-885-7546

48 HOUR ADVANCE RESERVATION



Voluntary donation: Suggested \$3

SHINE

(SERVING THE HEALTH INFORMATION NEEDS OF EVERYONE)

A REGIONAL INFORMATION SESSION

AT

THE SPENCER SENIOR CENTER

68 MAPLE ST.

SPENCER, MA. 01562

MONDAY, OCTOBER 24, 2016

AT 1:00 PM

MEDICARE INFORMATION AS WELL AS INFORMATION ON
MEDICARE ADVANTAGE

AND

MEDI GAP SUPPLEMENTAL PLANS.

OPEN ENROLLMENT BEGINS ON OCTOBER 15, 2016 AND ENDS ON DECEMBER 7, 2016

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY JOHN DOE	SEX MALE
MEDICARE CLAIM NUMBER 000-00-0000-A	
IS ENTITLED TO: HOSPITAL (PART A) 01-01-2007 MEDICAL (PART B) 01-01-2007	EFFECTIVE DATE
SIGN HERE →	



(JUST A SAMPLING OF THE DIFFERENT INSURANCE COMPANIES WITH SENIOR PLANS)

NEWS FROM SHINE OCTOBER & NOVEMBER 2016

The Medicare Open Enrollment begins on October 15th and ends on December 7th

**Don't Wait Until It's Too Late!
Make a SHINE Appointment Soon!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website www.shinema.org for a list of our local meetings.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it 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 you insurance needs.

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. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at 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.



OCTOBER 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:30 Cribbage \$1 Bakery T/B/A	4 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	5 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	6 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	7	8
9	10 Closed Columbus Day	11 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	12 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	13 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 12:00 Lunch 1:00 Bingo	14	15
16	17 9:30 Cribbage \$1 Bakery T/B/A	18 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	19 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	20 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	21	22
23	24 9:30 Cribbage \$1 Bakery T/B/A	25 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	26 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	27 9:30 Yoga 0:30 Exercise 11:30 B/P CLINIC 12:00 Lunch 1:00 Bingo	28	29
30	31 9:30 Cribbage \$1 Bakery T/B/A					

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