

HUB NEWS



To Our Volunteers Behind the Scenes

April 2021

It is time to take a minute and recognize the people that have given so much of their time and expertise to help during this Corona Pandemic.

It has been one horrific year. I would like to express my sincere appreciation to our Board of Health person Mallory Seaman, who worked so hard trying to make things run as smoothly as possible. Believe me, that was no easy task. Information kept changing from one day to the next. Thank you, Mallory, for all you have done during this ongoing crisis.

Nancy Afonso and Sue Breagy who volunteer at our Senior Center, were available every day to help the seniors make appointments for their shots. They were able to answer questions and help with computer access, because many of our seniors are not computer savvy. This was a great help, as a lot of our seniors were getting frustrated, anxious and needed help. Thank you, so very much Nancy and Sue, for being there for our Seniors.

We are also grateful for Beverly Kohlstrom from the Golden Agers and Linda J, for organizing and passing out the drive through food, puzzles and any other item that might be beneficial. Thank you, ladies. These ladies never missed a week.

Twice a week, Ed Gossen and Richard Anderson drove to seniors, home to deliver meals, food and a word of cheer to people who were unable to leave their homes during this epidemic. They never missed a day. Much appreciation to two men who continue to give of themselves during this time,

Thank you to Growing Places and local farmer Rich Michaud for their donations of fresh veggies and Heywood Hospital for their non-perishable items delivered to our senior center every week; without their supplies we would not have been able to pass this on to our seniors.

Much appreciation to my friend Pat Lamoureux for working on our newsletter and to Sue Breagy for her assistance on this monthly project.

Much gratitude to Mel Shaughnessy and Nancy Afonso for doing well checks by phone to many of our homebound seniors every week.

We tried to keep the Senior Center available to help them with their needs. I feel we have done an excellent job. I have the highest admiration to all my volunteers and our Board of Health person Mallory Seaman, and thank you to all our towns people for being patient as we struggle through these hard times.

In the past many towns people dismissed the Senior Center as not being especially important to the community. With the help of many, in these dark times it has proved to be a beacon of support, hope, and inspiration to all in dealing with this stressful situation.

Hopefully, these hard times are coming to an end and we will be able to resume the activities that have been enjoyed by so many in the past.

Stay Healthy!

As Always

Claudia Provencal, COA Director

Ham Dinner for 2

1. 1/4 (about 800 grams) old-fashioned ham (see Note)
2. ☐ 1 Tbsp. Dijon mustard
3. ☐ 1 Tbsp. brown sugar
4. ☐ 1 Tbsp. fresh lemon juice
5. ☐ Freshly ground black pepper to taste
6. ☐ Pinch ground cloves

Preheat oven to 325 degrees. Score the top of the ham in a diamond pattern; make shallow cuts about 1" apart. Place the ham in a shallow, parchment paper lined baking pan. Bake the ham for 25 minutes. While the ham bakes, make glaze by combining the remaining ingredients in a bowl. After the ham has baked for 25 minutes, brush it with the glaze. Bake for 25 minutes more. Rest the ham 5 minutes before slicing and serving.

Mashed Potatoes

1 lb russet potatoes (1 MEDIUM POTATO)	1/4 tps garlic powder
1/4 teaspoon salt	1/2 tps dry parsley
1/4 black pepper	1/2 tps dry chives
1 tbs butter	3/4 c milk (hot)

- Peel and dice the potato into 1/2—1 inch pieces.
- Place the potatoes into a small ceramic dish in one layer
- Sprinkle the spices and add piece of butter to the potatoes
- Heat up the milk until it almost boils. Pour the steaming milk onto the potatoes and cover the form tightly with foil. Cook with ham. Once cooked, mash the potatoes with a fork don't drain. It will get thick and creamy.

Carrots

3/4 pound small/young carrots (cut in half)	1 tbs olive oil
1/2 lemon juice	1/2 tps dry thyme
1/4 tps dry rosemary	1/8 tps salt

Place potatoes and carrots on a small cookie sheet. Drizzle the carrots with olive oil, lemon juice and spices mixing well. In 40 minutes all will be ready to eat!



SPRING



M P N E S T A I H W F D
 B U K Q A P N D R A I N
 I Z D L H E W R E R C B
 R G T X E F R O G M J U
 D N F R B A S P R I N G
 S A G D W Y F J H B O S
 T E L K O B U D S M P C
 N V E S R H G I X A B W
 Y G T D M O L P F Y E I
 S R V A S J K I T E C N
 A O M E L T H B R S W D
 C W U P I D F T M Q A R



BUDS	GREEN	MELT	SPRING
BUGS	GROW	MUD	TREE
BIRDS	KITE	NEST	WARM
DROP	LEAF	RAIN	WIND
FROG	MAY	SEEDS	WORM



ANNOUNCEMENTS

THE SHINE COUNSELOR

Turning 65 soon or Concerned about Medicare costs? A SHINE counselor is available to help you understand your Medicare options. A SHINE (Serving Health Insurance Needs of Everyone) Medicare counselor is available for individual appointments by phone or at your Hubbardston Senior Center (978-928-1400 x211). SHINE counselors are trained and certified annually and attend monthly meetings to ensure they are sharing up-to-date information. They provide free and unbiased insurance information and counseling to Medicare beneficiaries. Central Mass SHINE Website You can also visit SHINE on the web at www.shinema.org. Our site has valuable information and links to other agencies' public benefit applications that can help pay for your costs if you qualify.

- MassHealth Buy-In QI-1 (as of 3/1/2021) Benefits:
- Pays Part A & B premiums
- Automatic enrollment in Extra Help (Help with Part D drug costs)
- Eligibility requirements:
- Income= \$1,771(individual), \$2,396 (couple)
- Assets= \$15,940 (individual), \$23,920 (couple)

Hi Friends! The Friends of the Hubbardston Senior Center are looking to help local farmers! We need to know if someone sells meat in the area or vegetables. If you or someone you know, or someone you order from, sells local meats and vegetables please get in touch with us. Even if you/they only sell one or the other, please reach out to us. We want you to contact us as soon as possible so that we may help you while we are helping the seniors with hot meals. You can reach us by email wavegrl38@gmail.com or by phone (808)372-5167. Thank you all for your continued support for our seniors. We miss you and can't wait to see you all again soon!

Golden Ager Club

April 7, 2021 our meeting will be at 1:00 p.m. at the Senior Center if it is permitted.

April 21, 2021 at 1:00 p.m. is our second meeting. This meeting is going to be a surprise!

Happy Easter



NOTE: What body parts are of these objects??? Bed-clock-river-loaf of bread-penny-road



TRANSPORTATION

Call or leave a message for Sharon at 207-710-1777

If she does not answer, please leave a message. Your call will be returned within 24 hours (excluding weekends)

Please give her the following information:

- Time and location you need to be picked up
- Time and location of your appointment
- Time your appointment should be finished

Medical Appointments: Available as needed

- Please note: If the appointment is for surgery, the client needs to find other transportation home. Van drivers cannot be responsible for a client after having any major medical procedures.

Shopping: Available as needed

- Anyone wanting to attend meals at the Senior Center, please call ahead. The van driver will give you a ride to the Senior Center and then back home free of charge.

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,
7 PHILBROOK TERRACE, HAMPTON, NH 03842

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Have a Suggestion or Idea of fun things to do?
Call or email us to see if we can get it done!

978-928-1400 x211

coa@hubbardstonma.us



Easter Egg Hunt!

When: March 27, 2021

Where: Curtis Rec Field

Time: 10:00 a.m.

Held rain or shine

For the Youth in town.

Toddlers thru 6th grade.

All participants and spectators need to wear masks and children must



Boy Scout Fundraiser

For Electronic/ Appliance

When: April 10 from 8 a.m. to noon

Where: Rec Field

Most items cost only \$7 to dispose of. TV's and glass-tube computer monitors \$25.



Annual Town Cleanup & Bottle Drive

April 17th from 8 a.m. to 12 noon.

Large red dumpster is available in the Rec Field Parking Lot.

Music and Magic



Entertainment April
21st at 1:00 p.m. Wednesday. "Music and Magic"

Program sponsored by local Cultural Council featuring "Dawn and Dick Miller". Possibly outside.

Subject to change per Covid restrictions.

RMV News

I'm pleased to announce that the RMV will extend Senior Hours to include customers age 65 or older in April. Starting March 24th, customers 65 and older will be able to schedule in-person transaction appointments during Wednesday senior hours starting April 7th.

Please share this information with your contacts.

I look forward to assisting you, your staff, and the older adults in your community. As always, please don't hesitate to contact me if you have any questions.

Best regards,
Michele Ellicks

Girl Scout Fundraiser

April 17th at the Rec Field – Collecting your deposit bottles to support their activities.

8-12 noon



Girl Scouts®

APRIL BIRTHDAYS!

We wanted to take the time to wish our Seniors with birthdays in the month of April a **Happy Birthday!**

Barbara Hutchings
Hugo Boggard
Marceline Hallock
Marcy Hallock
Mary Girouard
Tom Meador
Gerald Enos
Maureen Bergeron
Marie Perreault
Shirley Atkinson
Terry Brodeur
Shirley Atkinson
Shirley Babineau
Bruce Spirng
Anita Masciari
Angela Wheatley
Eugene Schneider
ROBERT HUBBARD
Michael Sokolowski
Jeanne Carter
Doug Miller
Maggie Belle-Isle
Janet Korhonen
Nancy Jackson
Judy-Ann Normandin
Charles Conrad
Mary Barnes
Theresa Shaffer
Betty Bumpus
Ronald Hopper
Joan Cardillo

Carol Zambesi
Patricia Starweather
Gordon Hohne
Nancy Gundersen
Joanne Brown
Joyce Erickson
William Henderson
Laurie Reed
Margaret Matthews
Diana Langford
Thomas Morris
Pat Schatz
Jaye Thurlow
Patricia DeBlois
Carol Mc Elroy
Mike Stoddard
Nancy Stoddard
Karen Toffling
Dolores Vining
Thomas Simone
Linda Daigle
Thoms Lyons
Robert McNamara
William Heald
Mary Ledger
Mary Ann Leger
Michael Jozefiak
Linda White
Eleanor Morneault
Arthur Trainque
Joan Caddello

Mary Malo
June Locke
Barbara Warren
Nancy Perralt
Shirley Watson
Stephen Blais
Elen Mowrey
Ilia Gonzalez Alonso
Virginia Lamoreaux
Rosella Ouellet
Suzanne Saven
Lynn Hayes
Louis Croft
Beatrice Everett
Dorothy Suojanen
Dorothy LeBlanc
Annette King
Diane Lipka
Jacob Hakala
Mooneen Corley
Joyne Parmenter
William Fernekees
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William McComb
Betty Gaidanowicz
Rosemary Russ-Bilodeau
Marcia Marjormaa
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Richard Degon
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burg, MA- 978-342-4520 Or Call Clau-
dia at the Senior Center 978-928-1400
x211



Cleaning Tips

Cleaning Oven Racks

Clean oven racks by placing them on an old bath towel in the bathtub and soaking them in a solution of ammonia and hot water.

Easier broiler cleaning

To make cleaning your stove's broiler less of a chore, put a few cups of water in the bottom of the pan before you broil next time.

Ring Around the Toilet

Undiluted chlorine bleach, allowed to stand just a few minutes, will frequently do just as good a job as commercial toilet bowl cleaners.

SAVE THE DATE!

MAY 3, 20221

Eldercare 2021

Presented by: Central Mass Agency on Ag-
ing, Inc. & Sheriff Lew Evangelidis, Worcester
County Sheriff's Office

- Presentation will include
- Truths & myths about Covid 19;
- Senior related scams.
- A COVID-19 vaccination panel
- Mental health for seniors during the pan-
demic
- Safeguarding seniors
- The State of Older Adults in Central Mas-
sachusetts
- Elder Law



Hello April!

It's Time for New Beginnings!

This month, the theme is all about *New Beginnings*. We want to discuss how we're springing forward, breaking out of our shell, being brave, and most importantly, conquering our fears.

April always marks the first turn of spring, and change is always in the air during this time. There is something about the warm weather in general that beckons us to *COME ALIVE*. It calls us to embrace our primal side. April is just the beginning of everyone coming out of their shell; becoming more extroverted and social. For a moment we remember what it feels like to be a kid, we play more, have more fun and realize that life is fleeting – but in a good way. We are more apt to seize the day and make the most of each moment. Walking can :

1. strengthen your muscles.
2. help keep your weight steady.
3. lower your risk of heart disease, stroke, colon cancer and diabetes.
4. strengthen your bones, and prevent osteoporosis and osteoarthritis (regular **walking** could halve the number of people over 45 who fracture their hip.

Library Notice

Want to read a new book? Watch a movie? Call Chris at the library 978-928-4775 and make your request. She will have it ready for Thursday's drive thru. Just keep in mind that Library's rules apply. Books and movies can be returned thru the drive thru.

Need a Puzzle? Call 978-928-1400 x211 to reserve one. We'll have it ready for you for Thursday drive thru. Please specify 1000, 500, or 300 pieces.



Q: Which flowers make good friends?

A: Rose-buds

Lough-Our-Loud Springtime Jokes for Kids
by Rob Elliott



GARDENING

Gardening helps keep elderly general health in a better state by strengthening bones, muscles and joints; it also helps the elderly with balance resulting in less falls; keeps blood pressure at bay; reduces the risk of heart disease and stroke; and of course helps keep our minds in a positive state

WALK CLUB

Tuesday and Thursday – 9 a.m. 1-2 miles.
Come join us – meet at the Senior Center parking lot with Richard Hackett.



Hubbardston Senior Center
7 Main Street Unit #3
Hubbardston, MA 01452



Hubbardston Council On Aging Mission Statement

The Hubbardston Council on Aging and the Senior Center exist to serve, support, and enhance the lives of all senior citizens in the community by providing social, educational, and health related programs and activities which support their well-being. It seeks to create an environment that is socially and intellectually stimulating, promotes interconnectedness and unity among older residents and encourages them to pursue healthy, active, independent lives.

Meet Your Council On Aging Members

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Please leave a message
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coa@hubbardstonma.us

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*THIS PUBLICATION IS PARTIALLY FUNDED BY A
GRANT FROM THE MASSACHUSETTS EXECUTIVE*