

# Hubbardston Senior News

**FEBRUARY 2021**

**Hubbardston  
Senior Center**

7 Main Street

Hubbardston, MA

978-928-1400 x 211

## **February is filled with fun holidays**

### **Pizza Day, Love Your Pet Day, Margarita Day**

**National Pizza Day** on February 9th celebrates one of America's all-time favorite foods. Whether it is thin crust, Chicago- style, deep dish or anything in between, pizza is an American favorite! Pepperoni is the most popular pizza at 36% of all pies ordered. Over 3 billion pizzas are sold in the USA each year. Add another 1 billion on frozen pizzas 17% of all US Restaurants are pizzerias. Antica Pizzeria, the first Pizzeria, opened in Naples, Italy, in 1738. Gennaro Lombardi, the first Pizzeria in the United States, opened in 1895 in New York City. Americans consume on average 23 pounds of pizza per person each year.

**Love Your Pet Day** On February 20, we celebrate National Love Your Pet Day, a day to embrace one special trait that makes us human: our love of our pets! There are many things that differentiate humans from the rest of the animal kingdom, but one of the more unusual behaviors is our longstanding tendency to keep other animals as pets. Gallup reports that sixty percent of Americans are current pet owners. It only makes sense to commemorate something that's so important to so many people, so on February 20, we celebrate our pets with National Love Your Pet Day! Nobody really knows exactly what animal the very first pet was. But, one animal, the wolf, lived alongside early humans for centuries. Even as far back as 12,000 years ago, dogs and cats were buried in their human counterparts' graves. It seems that even early humans had a deep attachment to their furry friends.

**Margarita Day** National Margarita Day is a day celebrated on February 22nd every year and is a day used to honor the cocktail that is usually made of a combination of tequila, triple sec and various fruit juices (such as lemon or lime). While the drink – and to a lesser extent the holiday dedicated to it – is widely known not only in the United States but around the world, no one really knows the origins of either one.

The Best way to celebrate National Margarita Day is by choosing your favorite recipe and whipping one up, or by going to your favorite bar and ordering one of these icy cold concoctions. It is also advised that when you enjoy this libation, you enjoy other Mexican culinary treats such as tacos, nachos or enchiladas. And if you're in a particularly festive mood, then you might try throwing on Jimmy Buffet's Margaritaville for your listening enjoyment.

## FEED THE BIRD'S DAY

**Date When Celebrated :** Always February 3

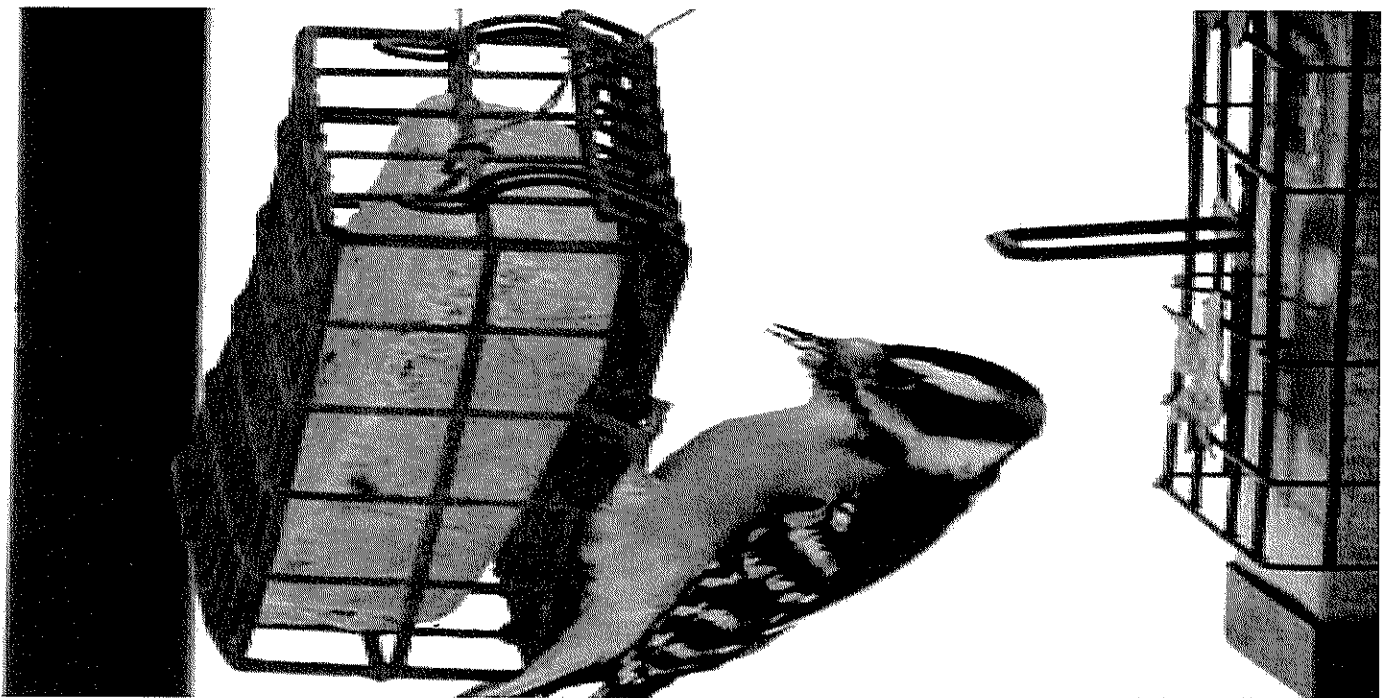
Help the wild birds in your backyard to survive the long, cold winter by feeding them. That's exactly why this special day was created. Mid and late winter are especially hard on all outdoor animals. By mid winter, food sources become scarcer and scarcer for the wild birds that over-winter in your backyard. What little food that is available, can get buried under deep snow. The bird feeder that you place in you backyard, in view of your picture window, may be entertaining to you as a bird watcher. It is also vital to the survival of birds in harsh winters.

Take today as an opportunity to begin a new and fun hobby... bird watching. Place a feeder in a location where it can be seen from indoors. Make sure to keep it full of seeds all of the time. Once birds are attracted to your feeder, you have effectively adopted them. They become dependent upon the seeds in your feeder.

**Winter Bird Feeding Tip:** Seeds are the best source of high energy food for wild birds. Other foods, like breads, do not contain as much energy

Schools and businesses are encouraged to participate in this special day. They can hold classes and seminars in wild bird feeding, winter survival, and educate the public about backyard birds in general.

Get in on the fun today. Set up a bird feeder and save your wild backyard birds



# Valentine's Day Word Search




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


  
 K V H R D H P Y V O O T U S B M I Z E O  
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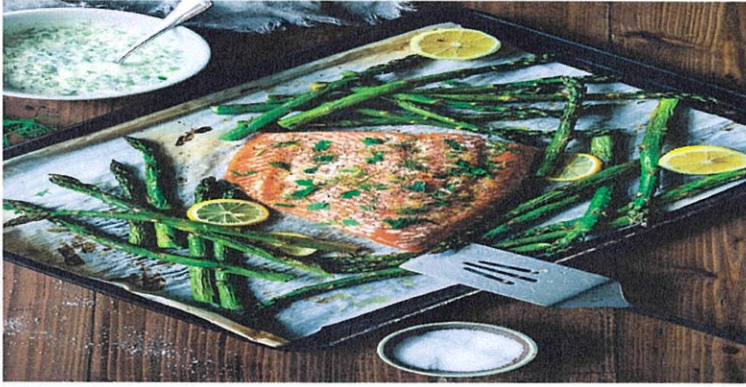
BOW AND ARROW  
 VALENTINE'S DAY  
 DOVE  
 CANDY  
 HUG



## WORD BOX

FLOWERS  
 CUPID  
 EROS  
 FOURTEENTH  
 ROSES


  
 CARD  
 FEBRUARY  
 KISS  
 LOVE  
 CHOCOLATE



# Baked salmon with asparagus and dill sauce

## Ingredients

- 1 large bunch asparagus
- 1 – 1 ¼ lb wild king salmon filet (or 4 smaller filets)
- 1–2 tablespoons [olive oil](#) [salt](#) and pepper to taste
- lemon zest from one lemon (divided)

## Yogurt Dill Sauce

- ½ cup plain whole fat yogurt
- 1 tablespoon [olive oil](#)
- 1 garlic clove, finely minced ( use a garlic press)
- lemon zest (of ½ a lemon)
- ¼ teaspoon [salt](#)
- ¼ cup chopped dill

Preheat oven to 375F

Trim the tough ends off the asparagus and toss with a light drizzle of [olive oil](#), sprinkle with [salt](#) and pepper to taste. Place on a [parchment](#)-lined [sheet pan](#).

Nestle the salmon in the middle of the asparagus and drizzle with [olive oil](#), sprinkle with [salt](#) and pepper and sprinkle the salmon and asparagus with lemon zest from ½ a lemon ( saving the remaining zest for the yogurt sauce).

Place in the preheated 375F oven for 16-20 minutes, adjusting time, depending on thickness of the salmon, and broiling for the last couple minutes if you like. (This piece was 1 ½ inches thick and took 16 minutes, plus 2 minute broil) for salmon cooked to medium. If cooking smaller salmon pieces, they may take less time, so check earlier and remove if needed, allowing asparagus to cook longer if necessary.

While Salmon is baking, **Make the Yogurt Dill Sauce:** Place all ingredients in a small bowl and whisk with a fork. Add a squeeze of lemon juice and some cracked pepper if you like. Garlic flavor will mellow as it sits.

Divide Salmon and asparagus among plates, top with a little yogurt dill sauce, and garnish with a sprig of dill if you like. serve with a lemon wedge.



## ANNOUNCEMENTS

### **FRIENDS OF HUBBARDSTON**

Have you ever wanted to help make a difference? Are you interested in working with a Nonprofit organization? Do you want to volunteer your time for a great cause? Well, the Friends of the Hubbardston Senior Center is looking for new members and renewals of existing memberships. Right now is a great time to be part of a wonderful group that focuses on helping our Hubbardston seniors. You don't have to be a senior to join and you don't have to be a Hubbardston resident to join either. The cost of the membership is only \$10 for the year for an individual, \$25 for a family for the year, or \$100 for lifetime membership. If this is something you are interested in please contact Kay at 978-820-1360 for more information.

### **Golden Ages**

Little known facts about Valentine's Day- California produces 60 percent of American roses, the vast number sold on Valentine's Day in the U.S. are imported, mostly from South America.

73% of people who buy flowers for Valentine's Day are men; 27% are women. Happy Valentine's Day to everyone from the Golden Ages.

We meet 1st and 3rd Wednesday at 1:00 P.M at the Senior Center.

### **MEDICARE NEWS FROM SHINE The Medicare Savings Program is GREAT NEWS!!!**

The Massachusetts Medicare Savings Program pays your monthly Part B Premium, 148.50 for 2021, and you **may be eligible for significant assistance** in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. The income eligibility for a single person is \$1,755 and for a married couple \$2,371. Asset limits are \$15,720 single and \$23,600 for a married couple.

### ***Medicare Advantage Plan Open Enrollment Period***

This period will run from January 1st to March 31<sup>st</sup> of each year. During this timeframe you can change to another Medicare Advantage Plan (HMO or PPO plans). You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1<sup>ST</sup> TO TAKE ADVANTAGE OF THIS.**

**SHINE counselors are available to discuss your Medicare questions or concerns. Contact your SHINE counselor by phoning your local Senior Center.**

### **HOW TO SCHEDULE APPOINTMENTS FOR THE MART VAN**

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
- A phone number where she can reach you

### **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.

If you have any questions or concerns regarding the MART van services, please call Sharon @ 207-710-1777 or 978-928-1400 ext 210.

**Please remember the MART van will not be running when school is closed due to weather or holidays.**

# UPDATED INFORMATION SENIOR CENTER

First of all I would like to say thank you to all who reached out to Roger and I. We both are doing well. I think we are going to be fine.

Due to the circumstances my Board and I have decided to close the Senior Center to the public until April. At that point we will review how things are going with the virus and plan accordingly. A Board member will be checking the phone lines 2-3 times a week. I will be checking my email and facebook page every day. We have an outreach team in place. They will be calling to check on our seniors to see what they might need. Maybe just a little conversation.

If you are not on the list and would like to be called please email me or call the center and leave a message at 978-928-1400 x211.

The drive through food and egg delivery will still be in place on Thursday morning. There will be 2-3 volunteers allowed in the Senior Center at one time.

Masks will be in place properly and distancing will be enforced. If you have any questions or concerns please feel free to call, text or email me. I will be in Florida until April. Here is my contact information: My cell number is 978-257-0813, my email is [coa@hubbardstonma.us](mailto:coa@hubbardstonma.us). I will have my computer with me in Florida.

I pray that all of you will be safe and stay well.

Sincerely, Claudia Provencal

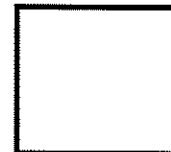
## BOOK CLUB

We are going to try and do the Book Club via Zoom. Should you like to join us please send an Email to [stbreagy@hotmail.com](mailto:stbreagy@hotmail.com) Susan Breagy.

## 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

Contact any of the members listed below with ideas and suggestions for future activities or any senior issues that need to be addressed

#### DIRECTOR

**Claudia Provencal**

Center 978-928-1400 x 211.

Please leave a message

Home 978-928-5195

coa@hubbardstonma.us

#### CHAIRPERSON

**Hilary (Skip) Scott Jr.**

978-928-1372

sk.scott417@aol.com

#### VICE CHAIR

**Florence Pervier**

978-928-5113

ppervier@yahoo.com

#### SECRETARY/OUTREACH WORKER

**Mary Ellen (Mel) Shaughnessy**

Center: 978-928-1400 x 211

Home: 978-928-5120

melshaughnessy@gmail.com

#### TREASURER

**Ken Horvath**— 908-581-1199

Khorvathcpa@gmail.com

#### MEMBERS

**Nancy Afonso**

508-873-3348

nancymaflute@yahoo.com

**Bonnie Cunningham**

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brendastarr148@hotmail.com

**Jane Gregarious** 978-820-1270

Gregarious@gmail.com

**William Lipka** 978-549-6437

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**John Nason** 978-820-1148

jnason1@live.com

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