

JULY 2021

The Voice of the Hubbardston Senior Center

Senior Times

And the winner of the newsletter title contest is ...

Robert Williams

We received 14 entries for this contest and it was fun to see how creative our Seniors are! After much deliberation the COA Board made this difficult decision. Thank you to all who participated.

BREAKING NEWS

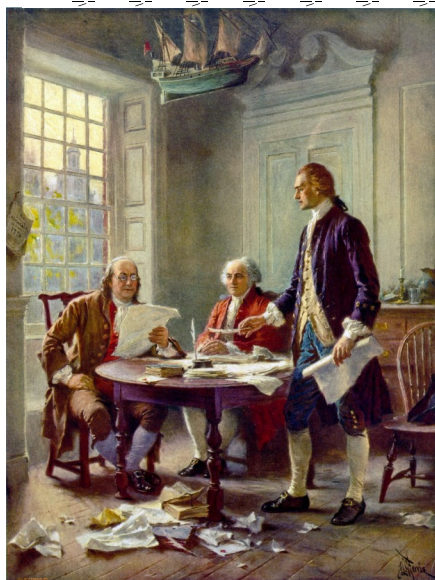
PITCH IS BACK!

JULY 9TH AND 234RD AT 6:30 P.M. AT THE SENIOR CENTER

History making July 4th

- 1776 American Independence Day. The Continental Congress approved the Declaration of Independence.
- 1802 The US Military Academy opens at West Point.
- 1826 Thomas Jefferson and John Adams die on the same day 50 years after signing the Declaration of Independence.

Goal: We hope to bring Congregate meals back in July. Will keep you posted! Call 978-928-1400 x211 for further information.



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. 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.

Central Mass SHINE Website

You can also visit SHINE on the web at www.shinema.org

MassHealth Buy-In Program Q1-1 (as of 3/1/2021)

Benefits:

- ◇ Pays for Part B monthly premium, \$148.50 per month
- ◇ Automatic enrollment in Extra Help (help with Part D drug costs)
- Income = \$1,771 (individual); \$2,396 (couple)
- Assets = \$15,940 (individual); \$23,920 (couple)

Prescription Advantage

Need help with your prescription drug costs? Prescription Advantage is a state program that may help. Ask for a SHINE appointment and/or watch this video to understand what Prescription Advantage can offer you.

The Golden Ages

The Golden Ages meet the 1st and 3rd week of each month. Once a month we try to do something special. On July 9th a Friday, we will be making cards at the Senior Center at 1 pm.

Just a note: Ginger or ginger root helps stimulate your immune system. It is good for treatment of colds, flu, cough, sore throat and congestion. It also reduces swollen glands.

WALK CLUB

Come walk with Rich Hackett Tuesday and Thursday at 9 a.m. Walk 1-2 miles. Come join us – we meet at the Senior Center parking lot. Places we have walked? To the Cemetery on Route 68, Elm Street, Ragged Hill Road, Root Road, Kruse Road, Curtis Field, and Pine Crest. We're looking to explore other places in town. Come join us and bring your suggestions!

Did you know?

July is named after Roman dictator Julius Caesar

LIBRARY

Book Club every 4th Wednesday
At 11:00 AM at the Senior Center



HAPPY BIRTHDAY TO ALL
RESIDENTS FROM 0 TO 110
YEARS! MAY YOUR SPECIAL DAY BE FULL OF
LOVE AND FUN!

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



TAPS

This is something every American should know. Until I read this, I didn't know, but I checked it out and it's true:

We in the United States have all heard the haunting song, "Taps". It's the song that gives us that lump in our throats and usually tears in our eyes. But, do you know the story behind the song? If not, I think you will be interested to find out about it's beginnings.

Reportedly, it began in 1862 during the Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of a narrow strip of land. During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the Captain reached the stricken soldier and began pulling him toward his encampment!

When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead. The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier. It was his own son. The boy had been studying music in the South when the war broke out.

Without telling his father, the boy had enlisted in the Confederate Army. The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted. The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral. The request was turned down, since the soldier was a Confederate. But, out of respect for the father, they allowed him only one musician. The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of his dead son's uniform. This wish was granted. The haunting melody, we now know as "Taps" ... used at military funerals was played for his son, and was adapted for all military funerals ever since.

The words are:

Day is done...	God is nigh..	Drawing night...	This we know..
Gone the sun...	Fading light..	Falls the night..	God is nigh..
From the lakes	Dims the sight..	Thanks and praise..	
From the hills...	And a star..	For our days..	
From the sky...	Gems the sky..	Neath the sun..	
All is well...	Gleaming bright..	Neath the sky..	
Safely rest..	From afar..	As we go..	



I too have felt the chills while listening to "taps" but I have never seen all the words to the song until now. I never knew the story behind the song and wanted to share. I now have an even deeper respect for the song than I did before. Remember those lost and harmed serving our Country as well as those presently serving in the Armed Forces.

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Walk Club 9:00</i> <i>Coffee with Friends 9-11</i> <i>Cribbage 1:30</i> <i>Egg Handout</i>	2 <i>Water Color Painting 9-11</i>	3
4	5 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i> <i>Bingo 12:30</i>	6 <i>Walk Club 9</i> <i>Singing 1:30</i>	7 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i> <i>Golden Agers 1:30</i>	8 <i>Walk Club 9:00</i> <i>Coffee with Friends 9-11</i> <i>Cribbage 1:30</i> <i>Egg Handout</i>	9 <i>Water Color Painting 9-11</i> <i>Card Making 1:30</i> <i>Pitch 6:30</i>	10
11	12 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i> <i>Bingo 12:30</i>	13 <i>Walk Club 9</i> <i>Singing 1:30</i>	14 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i>	15 <i>Walk Club 9:00</i> <i>Coffee with Friends 9-11</i> <i>Cribbage 1:30</i> <i>Egg Handout</i>	16 <i>Water Color Painting 9-11</i>	17
18	19 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i> <i>Bingo 12:30</i>	20 <i>Walk Club 9</i> <i>Singing 1:30</i>	21 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i>	22 <i>Walk Club 9:00</i> <i>Coffee with Friends 9-11</i> <i>Cribbage 1:30</i> <i>Egg Handout</i>	23 <i>Water Color Painting 9-11</i> <i>Pitch 6:30</i>	24
25	26 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i> <i>Bingo 12:30</i>	27 <i>Walk Club 9</i> <i>Singing 1:30</i>	28 <i>Coffee with Friends 9-11</i> <i>Wii-Bowling 9-11</i> <i>Book Club 11</i>	29 <i>Walk Club 9:00</i> <i>Coffee with Friends 9-11</i> <i>Cribbage 1:30</i> <i>Egg Handout</i>	30 <i>Water Color Painting 9-11</i>	31

July Fourth Word Search



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

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Hi Friends! As many of you know, we have been handing out our grab and go meals every other week, on Thursdays at 9:30 am. We will be doing this until the grant money has been used entirely. The grant is from the Community Foundation of North Central Massachusetts. The next meal will be distributed on July 8th. We are looking for new members and new board members. We would love to hear from you and get new, fresh ideas. If you have any questions about the grab and go meals or about membership please call Kay at (808)372-5167 or email me at wavegrl38@gmail.com. Thank you and enjoy your summer!



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.

Cheesecake Stuffed Strawberries



INGREDIENTS

- 24 + large fresh strawberries (1-1/2 to 2 lbs, depends on how much you fill them)
- 1 (8oz) package cream cheese, room temperature or softened slightly
- 1/2 cup powdered sugar
- 1 tps vanilla extract
- 1/2 cup fresh blueberries

INSTRUCTIONS

1. Cut the stems from the strawberries so the strawberries can sit cut side down.
2. Cut a deep “X” from the tip down, being careful not to cut all the way through.
3. Beat the cream cheese, powdered sugar, and vanilla in a bowl with a hand mixer until nice and fluffy.
4. Gently open up each strawberry and pipe the filling inside using a pastry bag or zip-top bag with a star piping tip. Don’t have a pastry bag or piping tip? Just cut off the corner of a zip-top bag and squeeze the cheesecake filling inside the strawberries that way.
5. Top each strawberry with a blueberry. These are best served when chilled for at least 1 hour.



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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