

# Hubbardston Senior Center Newsletter

MARCH 2021



## ST PATRICK'S DAY



### TRIVIA OF ST. PATRICK'S DAY— DID YOU KNOW?

- ◆ ST. PATRICK WAS BORN IN BRITAIN
- ◆ THERE WERE NO SNAKES AROUND FOR ST. PATRICK TO BANISH FROM IRELAND
- ◆ LEPRECHAUNS ARE LIKELY BASED ON CELTIC FAIRIES
- ◆ THE SHAMROCK WAS CONSIDERED A SACRED PLANT
- ◆ THE FIRST ST. PATRICK'S DAY PARADE WAS HELD IN AMERICAN IN NYC IN 1895
- ◆ THE IRISH WERE ONCE SCORNE IN AMERICA
- ◆ CORNED BEEF AND CABBAGE WAS AN AMERICAN INNOVATION
- ◆ BLUE WAS THE COLOR MOST OFTEN ASSOCIATED WITH ST. PATYRICK. GREEN WAS CONSIDERED UNLUCKY.
- ◆ IN CHICAGO, THE PLUMBERS LOCAL 110 UNION DYES THE RIVER KELLY GREEN. THE DYE LASTS FOR AROUND FIVE HOURS.

### JOKE OF THE MONTH

Q: Why should you never iron a four-leaf clover?

A: You don't want to press your luck!

# NEWS FROM SHINE

## What if I Missed the Medicare Open Enrollment Period? Can I Still Make a Change to my 2021 Coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Changes that can be made during this period include switching to

- a different MA plan with drug coverage
- a different MA plan without drug coverage
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you. For example, one of your doctors no longer accepts your plan.

### ***Medicare Five STAR Plans***

For plan year 2021 the Tufts Medicare Preferred Plan continues to be designated as 5-star plan by Medicare, as a reward for the excellence of their plans. Basically, this means that Medicare beneficiaries may enroll in or change to one of the Tufts Medicare Preferred plans at any time between December 8, 2020 and November 30, 2021.

### ***Other News***

For those with Prescription Advantage or "Extra Help"; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed, outside of Open Enrollment.

- Those with Prescription Advantage can do this only once each year.
- Those with "Extra Help" can change once each quarter.

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2021 monthly Part B premium will be \$148.50 in 2021. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

**Individual Gross Income: \$1,755/month Assets: \$15,720**

**Couple Gross Income: \$2,371/month Assets: \$23,600**

If you want to take advantage of any of these opportunities to change your plans or be screened for assistance call your local Senior Center a SHINE Counselor can talk you through the process and any consequences of changing plans.

The SHINE Program (Serving Health Insurance Needs of Everyone), is federally funded and state administered through the Executive Office of Elder Affairs. The Program annually certifies over 700 counselors statewide, that provide, unbiased, confidential counseling on all aspects Medicare, related private insurance products and financial assistance programs.



# Slow-Cooker Corned Beef and Cabbage



## Ingredients:

One medium yellow onion cut into wedges

3 large carrots, cut into thirds

2 stocks of celery, cut into thirds

1/2 pound of potatoes, halved, 1 (2-3 lb) corned beef brisket, salt and pepper. One package of pickling spice. 3 sprigs of thyme, two bay leaves, 1/2 green cabbage cut in wedges.

## DIRECTIONS

Add onion, carrots, celery and potatoes to bowl of your crock pot. Place corned beef on top and season generously with salt, pepper, and pickling spices. Scatter thyme and bay leaves over meat and fill slow cooker bowl with water until it is almost completely covering the meat.

Cook on high for 4 to 4 1/2 hours, until meat is tender. Add cabbage to crock pot and cook on high for 45 minutes to 1 hour more until cabbage is tender and cooked through. Remove meat and vegetables from slow cooker, slice and serve.

## Creamy Butternut Squash Soup (serves 2)

1 tbs vegetable oil	1 pound butternut squash, peeled, seeded, and cut into 1o-inch pieces (3cups)
1 small onion	1 Tbs packed brown sugar
1 clove garlic	1/4 teaspoon minced fresh sage or pinch dried
2 cups chicken broth	2 tbs half-and-half
1 tbs minced fresh parsley	Salt & Pepper

1. Heat oil in medium saucepan over medium heat until shimmering. Add squash, onion, and sugar and cook until vegetables are softened and lightly browned, about 10 minutes. Stir in garlic and sage and cook until fragrant, about 30 seconds.
2. Stir in broth, scraping up any browned bits. Bring to simmer and cook until squash is tender, about 20 minutes
3. Process soup in blender until smooth, about 2 minutes. Return soup to clean saucepan, stir in half-and-half, and bring to brief simmer. Adjust soup consistency with extra broth as needed. Stir in parsley and season with salt, pepper, and extra sugar to taste. Serve.

Complements of *The Complete Cooking for Two Cookbook* by America's Test Kitchen



# St. Patrick's Day Word Search



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



- |               |            |             |
|---------------|------------|-------------|
| CLOVER        | IRELAND    | PARADE      |
| COINS         | IRISH      | PATRICK     |
| CORNERED BEEF | LEPRECHAUN | POT OF GOLD |
| TRADITION     | LUCK       | RAINBOW     |
| GREEN         | MARCH      | SHAMROCK    |



## ANNOUNCEMENTS

### Excise taxes are due March 24th

Note from Darlene Jackson Seaborn; President of *THE FRIENDS OF THE HUBBARDSTON SENIOR CENTER*.

We just received some great news from the Community Foundation of North Central Massachusetts. This is our fourth grant we have received from them during this pandemic. They have been a light in the darkness for us to reach out and help our seniors in the community. Without a way to raise money as we have in the previous years, grants have been a lifeline for us. With these grants we were able to purchase sanitation stations, air purification system, paper towels, toilet paper, gloves, masks, shields, and many other PPE items helped keep the Senior Center open on a limited bases.

With this new grant we will be able to buy food to pass out to our seniors in the community. The goal is buy the food from local farmers while helping our seniors. We will stay in contact with Claudia. The current thought is grab and go meals, i.e. soups, stews, pot pies, or small meals. We will keep you posted! - *Darlene*

If you would like to join The Friends of The Hubbardston Senior Center, please reach out to Kay at (978) 820-1360 or e-mail her at [wvergrl38@gmail.com](mailto:wvergrl38@gmail.com) for more information. The annual membership fee is \$10.

#### *Golden Age Club*

The Golden Age Club is having a business meeting on March 17, 2021 at 1:00 p.m. located at 20 Sharon Drive in Princeton. Phone 978-464-5041. Due to the Covid Virus rules; only 10 people are allowed at this meeting. Officers only. Thanks

A note from Bev: As you slide down the banister of life may the splinters never point in the wrong direction.

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

#### **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](mailto:seniornewsletter@aol.com)

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# AVOID COVID-19 VACANATION SCAMS



PAY ME NOW FOR  
EARLY ACCESS TO THE  
COVID-19 VACCINE.

## Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

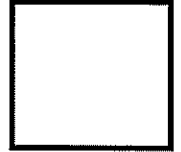
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[consumerresources.org/beware-coronavirus-scams](https://consumerresources.org/beware-coronavirus-scams)



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

#### DIRECTOR

Claudia Provençal  
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Please leave a message  
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coa@hubbardstonma.us

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