

# The Orange Connection

April 2023

## Orange Council on Aging/ Senior Center

62 Cheney Street, Orange, MA 01364

Phone: 978-544-3481 / Fax: 978-544-1113

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Tracy Gaudet, Director

Email: [tgaudet@townoforange.org](mailto:tgaudet@townoforange.org)

Happy April! The sun is shining and we hope you have a chance to get outside and enjoy it!

1.) Please note that our COA Board meeting time has changed and will now be held on the second MONDAY of every month.

2.) The following are the new guidelines, if qualified, to have Medicare pay your Part B:

*MassHealth Senior Buy-In: Qualified Medicare Beneficiary*

Pays Medicare A & B premiums, deductibles & co-pays, Automatic Full Extra Help, \$2,309 (individual), \$3,123 (couple), Assets no more than \$18,180 (individual), \$27,260 (couple)

*MassHealth Buy-In: Pays Part B premium + Automatic Full Extra Help*

\$2,552 (individual), \$3,451 (couple), \$2,734 (individual), \$3,698 (couple), Assets no more than \$18,180 (individual), \$27,260 (couple), Age 65+ with disability.

If you have any questions, please call the Council on Aging at 978-544-3481

### IMPORTANT PHONE NUMBERS

MA Elder Services **1-800-243-4636** / [www.massoptions.org](http://www.massoptions.org)

Medicare **1-800-633-4227** / [www.medicare.gov](http://www.medicare.gov)

Social Security Local Office **1-844-371-8116** / [www.socialsecurity.gov](http://www.socialsecurity.gov)

Mass Health **1-800-841-2900** / [www.mass.gov](http://www.mass.gov)

LifePath **1-413-773-5555** / [www.lifepathma.org](http://www.lifepathma.org)

### **Brown Bag: Food for Elders**

The Food Bank of Western Massachusetts provides a free bag of healthy groceries to eligible seniors once a month. Local pickup is on the 3rd Wednesday of every month at:

**St Mary's Parish Center 10:00 am - 12:00 pm.**  
Visit [www.foodbankwma.org](http://www.foodbankwma.org) for more information or to apply.

### **Franklin County Sheriff's Office TRIAD Program**

**413-774-4726**

TRIAD provides/delivers donated medical equipment such as wheelchairs, hospital beds, commodes, canes, walkers, and rollators.

*All equipment is free of charge.*



The Orange Council on Aging is looking for a SHINE\* Counselor. This will be a volunteer position. If you are interested in attending the Zoom training\*\* and volunteering one or two days per week for this position, or for more information, please call Tracy at 978-544-3481.

\*The SHINE Program (Serving Health Information, eEeds of Everyone) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

\*\*The Western Regional SHINE Counselors training will be held via Zoom on Tuesdays and Thursdays generally between 9:15am-12:15pm - 45 minute lunch break then - 1pm – 3:30pm on the following dates: Tuesday, April 11 (Pick up materials 1:30-4), Thursday, April 13, Tuesday, April 18, Thursday, April 20, Thursday, April 27, Tuesday, May 2 (Special time 1:30-4:30), Thursday, May 4, Tuesday, May 9, Thursday, May 11, Tuesday, May 16, Thursday, May 18, Tuesday, May 23, Thursday, May 25 (Exam Distribution), Thursday, June 1 (Extra Review Day if needed), Friday, June 23 Graduation!

**Need help filling out applications for SNAP benefits or Fuel Assistance? The Council on Aging will be happy to provide the application and help you fill it out! Call us to make an appointment! 978-544-3481**



**Need your license renewed but don't have a computer?**

**Call the Senior Center at 978-544-3481 to set up an appointment with Tracy or Emily**

### *Did you know?*

*You should come to the Senior Center more often. Why? Compared with their peers, Senior Center participants have higher levels of health, social interaction, and life satisfaction!*

### **Local Transportation**

FRTA 413-774-2262

[www.frta.org](http://www.frta.org)

or

MART 978-345-7711

[www.mrta.org](http://www.mrta.org)

### **Ever wonder why a police cars' engine is running but no officers are inside?**

One reason has to deal with our computer systems, GPS devices, and various electronics inside that all require a lot of power to keep running. If we turn the engine off, it would drain the vehicle batteries in a matter of minutes and turn off all of these systems. We have a vehicle starting system, that kick-starts the battery, allowing us to restart the engine, but then we're left with rebooting all the systems to get back online. This is problematic when returning to a dead patrol vehicle and Trying to respond to an emergency call. We may miss those critical details that dispatch inputs in the calls. Could someone drive the patrol vehicle away? No, our vehicles are equipped with a safe-start running system that allows the engine to continue operating without a key. If someone were to get inside, the engine would stop.

Something to share? We would love to hear from you! If you have ideas, recipes, jokes, or stories to submit, please email them to: [coa\\_admin@townoforange.org](mailto:coa_admin@townoforange.org) and look for them in our future newsletters!

## BINGO

Join us for BINGO at the Senior Center!

Monday, April 24th at 10:00 am

### Massage Therapist at the Orange Senior Center!

Ashley Bellar, licensed Massage Therapist, will be at the Senior Center on the first Wednesday of every month.

10-minute morning appointments at the Senior Center for only \$5.00

Call for an appointment!

**978-544-3481**

### Quabbin Harvest

Produce shares every other week for SNAP/HIP recipients; pickup days are Tuesdays and Wednesdays. Find more information at:  
[www.quabbinharvest.coop](http://www.quabbinharvest.coop) or call  
978-544-6784

### **Millers River Greenway Trail Feasibility Study Project**

A virtual public meeting is being held to discuss the Millers River Greenway Project. This greenway will connect downtown Orange to downtown Athol via a 5.2-mile greenway of both on-road and off-road facilities. Your input is a vital part of advancing the proposed greenway!

Meeting ID: 874 0780 6136 Passcode: 260779

**Sign up for free scam alerts from the Federal Trade Commission at:  
[www.ftc.gov/scams](http://www.ftc.gov/scams)**

Witty's Funeral Home  
978-544-3160  
Thank you for your  
many years  
supporting the COA!

### **20% DISCOUNT ON FOOD!**

Ocean State Job Lot offers a 20% senior\* discount on food products every Monday from 8:00 am -9:00 am!

\*Must be 62 or over

62 Freedom Street / Athol, MA 01331 / 978-249-3428

**COA BOARD OF**

**DIRECTORS**

Henry Oertel, Chairman

Rosanne Amodeo, Member

Jeri Deyo, Member

Sunday Lefebvre, Member

Nancy Magill, Member

Nancy Sawyer, Member

Joann Wheeler, Member

**Recurring Meetings at the  
Senior Center**

COA Board: Meetings are held on the second Monday of every month at 1:00 pm. Next meeting is: Monday, April 10th at 1:00 pm.

Friends Group: Meetings are held on the second Tuesday of every month at 10:00 am. Next meeting is: Tuesday, April 11th at 10:00 am

Orange Senior Citizens Club: Meetings are held on the first Thursday of every month

**Monthly Foot Clinic with Mindy Powling**

Licensed Nail Technician and Owner of Nails-2-Envy in Orange, Mindy Powling, will be at the Orange Senior Center on the first Tuesday of every month! Make an appointment for a foot screening and to get your toenails clipped!

Appointments are REQUIRED

Please call 978-544-3481

*The cost is \$5.00 / Please bring your own towel*

Visit our Facebook page: *Events at the Orange Senior Center*  
or  
Visit the town website: *www.townoforange.org*

## Knitting Together

Join us at our weekly Knitting Club!

Maryann Sullivan and others have started a knitting club at the Orange Senior Center **every Thursday at 10:00!**

62 Cheney Street

Feel free to bring your crochet projects too!

## Let's Laugh Today!

Laughter and Breathing Exercise Class

There are so many health benefits to laughing... Come in for our guided laughter class and see how good you feel after!

Tuesday, April 18th @ 10:00 am

## Decoupage/ Craft Class\*

Join us as we decoupage this small jar.

Supplies are provided!

Tuesday, April 11th from 5:00-6:30



*\*Will continue the class based on interest and participation!  
Bring a friend!*

*Please call and let us know if you are coming and how many!*

978-544-3481

## MOVIE TIME

*Join us at the Senior Center for a movie!*

When: Wednesday, April 12th at 2:00 pm

Movie: A Man Called Otto; Rated PG-13; Running time 2h 6m; When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisoli, leading to an unlikely friendship that turns his world upside down.




**FREE POPCORN AND DRINKS!**

**STAY TUNED FOR AN UPCOMING COMMUNITY  
ACTIVITY!**



**Look in next month's newsletter for a townwide activity  
you may want to participate in!**

# April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> 	<p>4</p> <p>Foot Clinic apt time: <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 80px; height: 15px;"></span></p>	<p>5</p> <p>Massage apt time: <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 80px; height: 15px;"></span></p>	<p>6</p> <p><b>10:00 am</b> Knitting Together <b>1:00 pm</b> Senior Citizens Club</p>	<p>7</p> 
<p>10</p> <p><b>1:00 pm</b> COA Board</p>	<p>11</p> <p><b>10:00 am</b> Friends Group <b>5:00 pm</b> Decoupage Class</p>	<p>12</p> <p><b>2:00 pm</b> Movie!</p>	<p>13</p> <p><b>10:00 am</b> Knitting Together</p>	<p>14</p> <p><i>The Titanic sank April 14, 1912</i></p> 
<p>17</p> <p><i>Ford unveiled their first Mustang on April 17, 1964 costing \$2,368.00</i></p> 	<p>18</p> <p><b>10:00 am</b> Laughter Exercise Class</p>	<p>19</p>	<p>20</p> <p><b>10:00 am</b> Knitting Together</p>	<p>21</p> <p><i>Feeling tired in the afternoon? Put down the caffeine and pick up a cucumber, they can provide a quick pick-me-up that lasts for hours!</i></p>
<p>24</p> <p><b>10:00 am</b> BINGO</p>	<p>25</p>	<p>26</p>	<p>27</p> <p><b>10:00 am</b> Knitting Together</p>	<p>28</p> <p><i>George Washington was inaugurated as the first President of the U.S. on April 30, 1789</i></p> 

