



# Norton

COUNCIL ON AGING NEWSLETTER

September / October 2020

Norton Senior Center  
55 West Main Street  
PO Box 552  
Norton, MA  
**Phone 508-285-0235**

Hours of Operation  
Monday through Friday  
9:30 AM - 3:30 PM

## Council on Aging

### DIRECTOR

Beth Rossi

### OUTREACH

Cathy Varnum

### FRONT DESK

Sosie Megerdichian

### BOARD MEMBERS

MaryAnn Dempsey, Chair

Natalie Lima, Vice Chair

Kathleen Eno, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Judy Leroux

Robyn Lovering

Carol McLaughlin

Ruth Schneider

Paul Wanamaker

Patricia Zwicker

Board meetings are scheduled for  
the 2nd Thursday of each month at  
3:30 PM at the Senior Center

Friends of the Norton Senior Center  
meet on the 4th Monday of the  
month at 1:00 PM

## FALL AT THE SENIOR CENTER



Hello!! We send a big "howdy-do" to everyone as we transition from summertime to early fall. What a crazy year 2020 has been so far. We hope you and your family and friends are staying safe and staying healthy!

This Fall we will be utilizing the great outdoors at Everett Leonard Park for **BINGO** and **Fitness Classes**! For those of you who have been participating in fitness classes on-line, we will continue to broadcast these in-person classes via Zoom. In addition to Kelley's virtual classes on Zoom, we will also be hosting a virtual Painting Classes via Facebook Live!!

The Senior Center building will continue to be open for one-on-one meetings **by appointment only**. We are providing counseling and application assistance for Medicare (SHINE), Food Stamps (SNAP) and Fuel Assistance (LIHEAP). We have been making daily check-in calls, and providing emergency food support. Our Grab-&-Go Heat & Eat Program has been successful since it's launch in July, and we are continuing our meal distribution twice a week! *BETH*

**Great news to share!** The Norton Select Board has decided on a site for the new Community/Senior Center.



*We are getting closer to our dream of a new, spacious Center!!*

# COVID-19 RESOURCES FOR NORTON SENIORS

## FOOD ASSISTANCE



- **SNAP (aka Food Stamps)**

Norton Human Services (at the Norton Senior Center) can help process SNAP applications. Call us at **508-285-0235 for more information or to schedule an appointment**

Please note that this is an income eligible program (\$1980/mo for 1 person, \$2670/mo for 2 people)

*If you are already getting food stamps you should have seen an increase in your benefits due to the Coronavirus pandemic. DTA and Norton Human Service are equal opportunity providers.*

- **Meals on Wheels**

if you or someone you know would benefit from nutritious meals delivered to the home on a daily basis, please call Bristol Elder Services @ 508-675-2101 or call the Senior Center and we can help get you registered.



- **Food N' Friends - Daily Church Suppers - Free**

***All Meals are served Grab-&-Go***

Monday - Friday	St John 's Church	1 St. John Place, Attleboro	4:30 PM
Tuesday	First Baptist Church	52 North Main Street, Mansfield	4:30 PM



### **Grab & Go—Heat & Eat at The Norton Senior Center**

- Free for Seniors 60 and over
- Every Tuesday & Thursday
- Grab-&-Go
- **YOU MUST CALL US before 9:30 AM**  
**on Monday of *each week* to register**  
Just drive up and we'll put your meals in your trunk!

Sponsored by:  
Bristol Elder Services

### **SNAP: Online shopping at Amazon and Walmart!**

It's official! Massachusetts residents who receive SNAP benefits can use their EBT card to buy food online from Amazon and Walmart.



# COVID-19 RESOURCES FOR NORTON SENIORS

## FOOD ASSISTANCE

- Norton Food Pantry (Cupboard of Kindness) - Free**

**Cupboard of Kindness** is open on the **1st & 3rd Mondays of every month from 4:30 pm - 6:30 pm.** This town pantry is located behind Town Hall on 70 East Main Street. If this is your first time at the Pantry, please bring proof of residency. You will be asked to fill out a confidential registration form. For more information, visit the pantry's website: [cupboardofkindness.org](http://cupboardofkindness.org)



*At this time, this is a drive-through Grab-&-Go program due to the Coronavirus pandemic.*

*\* If you do not drive call 508-285-3398 and they can arrange delivery*

- Norton Public Schools Meals Program - Free**



Please call Matt Wells at Norton Public Schools @ 508-285-0100 ext. 4 option 1 to determine the status of this program in the Fall.



- Commodities Supplemental Food Program CFSP (income eligible program)**

This is a monthly brown-bag program where income eligible residents will receive two bags of nutritious groceries plus fresh fruits and vegetables the third Wednesday of every month.

**Call the Senior Center to apply 508-285-0235**

To qualify a resident must be 60 or older and meet the following gross monthly guidelines:



### Household Size

1  
2  
3

### Monthly Income

\$1354  
\$1832  
\$2311



- St. Mary's Church, Norton - St. Vincent de Paul Society**

Society of



*Neighbors helping neighbors.®*

† **St. Vincent de Paul** If you are in an emergency situation and are in desperate need of food, please call the St. Vincent De Paul Society for assistance.

**508-409-7311**



### SPECIAL THANKS GO OUT TO:

Norton Public Schools  
Mask Makers  
Norton Emergency Management  
Norton's Cupboard of Kindness Pantry  
Everyone who donated items to the Norton Senior Center



**PLEASE  
STAY SAFE!**

## ACTIVITIES / PROGRAMS

### OUTDOOR FITNESS CLASSES or join in on ZOOM

**\$2 donation**

#### Everett Leonard Park (6 Parker Street, Norton)

Meditation	Tuesdays	9:30 AM - 10:15 AM	
Zumba Gold	Wednesdays	9:30 AM - 10:15 AM	
	Thursdays	9:30 AM - 10:15 AM	
Tai Chi	Wednesdays	10:30 AM - 11:15 AM	
Pelvic Floor Pfilates	Mondays	9:30 AM - 10:15 AM	<b>*starts 9/21/20</b>

Instructor: Kelley Brophy

Call the Senior Center to sign up 508-285-0235

REQUIRED: Masks, Hand-Sanitizing, &  
Social Distancing

ZOOM.US

Click: **JOIN MEETING**

Enter Meeting Number: **508 802 1647**

Enter Password: **103725**



### New Class!



**Mondays 9:30 AM - 10:15 AM on Zoom and at Everett Leonard Park**

Call the Senior Center to sign up 508-285-0235

Pfilates® is a series of easy pelvic floor exercises that go far beyond the unsuccessful Kegel, which when done routinely, will improve your pelvic floor strength, sometimes even within a day, improving the control you have over your bladder.



## ACTIVITIES / PROGRAMS

### BINGO!

\$5 Exact Change Only

**Everett Leonard Park (6 Parker Street, Norton) - Under the Pavilion**

**Tuesdays Starting September 8th at 12:30 PM**

*Please do not come before 12:15 PM*

Call the Senior Center to sign up 508-285-0235

**RESERVATIONS REQUIRED EACH WEEK!**

- ♦ Limited seating
- ♦ Weather dependent
- ♦ Please bring exact change
- ♦ No food allowed (we will provide pre-packaged snacks)
- ♦ **REQUIRED:** Masks, Social Distancing, Hand Sanitizing

**BYOD - Bring your own dobber!!**



### PAINTING CLASS -on Facebook Live \$5 for all supplies needed



Call the Senior Center to sign up and to arrange pick up of supplies 508-285-0235

Make an appointment to Drive up to Senior Center for Grab-&-Go Supplies

Paint with Lauren on Facebook Live!

<https://www.facebook.com/nortonseniorcenter>

FRIDAY SEPTEMBER 18 1:00 PM



FRIDAY OCTOBER 16 1:00 PM



### CROCHET/KNITTING GROUP

@ Library Park Wednesdays at 1:00PM

Call the Senior Center to sign up 508-285-0235

Meet at Library Park, weather dependent













**We will sit 6 feet apart and wear masks!**



# SEPT 2020















Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>           Fitness @ Everett L Park            Croch/Knit @ Library Park            Painting on Facebook            Foot Doctor @ Senior Ctr         </div>	<b>9:30 AM</b> 1 Meditation <b>12:30 PM</b> Bingo 	<b>9:30 AM</b> 2 Zumba <b>10:30 AM</b> Tai Chi <b>1:00 PM</b> Crocheting/Knitting	<b>9:30 AM</b> 3 Zumba	4 
7 	<b>9:30 AM</b> 8 Meditation <b>12:30 PM</b> Bingo 	<b>9:30 AM</b> 9 Zumba <b>10:30 AM</b> Tai Chi  <b>1:00 PM</b> Crocheting/Knitting	<b>9:30 AM</b> 10 Zumba <b>3:30 PM</b> COA Mtg via ZOOM	11 Foot Doctor (by appointment) 
14	<b>9:30 AM</b> 15 Meditation <b>12:30 PM</b> Bingo 	<b>9:30 AM</b> 16 Zumba <b>10:30 AM</b> Tai Chi <b>1:00 PM</b> Crocheting/Knitting	<b>9:30 AM</b> 17 Zumba	<b>1:00 PM</b> 18 Painting with Lauren! On Facebook 
<b>9:30 AM</b> 21 Pelvic Floor Pfilates	<b>9:30 AM</b> 22 Meditation  <b>12:30 PM</b> Bingo 	<b>9:30 AM</b> 23 Zumba <b>10:30 AM</b> Tai Chi <b>1:00 PM</b> Crocheting/Knitting	<b>9:30 AM</b> 24 Zumba 	25
<b>9:30 AM</b> 28 Pelvic Floor Pfilates	<b>9:30 AM</b> 29 Meditation <b>12:30 PM</b> 	<b>9:30 AM</b> 30 Zumba <b>10:30 AM</b> Tai Chi <b>1:00 PM</b> Crocheting/Knitting	<div>           Attend Fitness Classes in person, or            Go to: ZOOM.US            Click: <b>JOIN MEETING</b>            Enter Meeting Number: <b>508 802 1647</b>            Enter Password: <b>103725</b> </div>	

\* ADVANCED REGISTRATION IS REQUIRED

**OCT 2020****Norton Senior Center****508-285-0235**

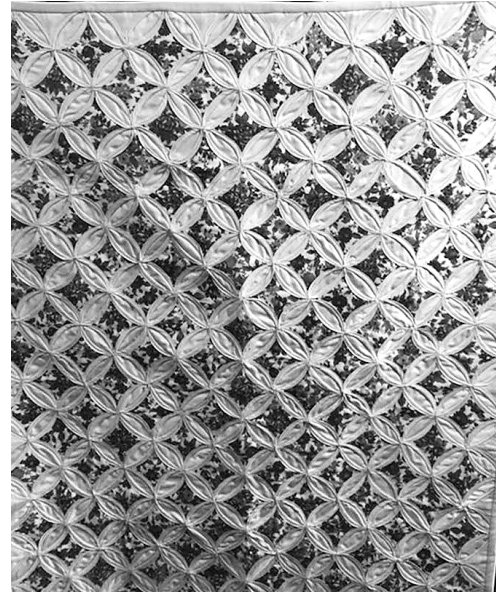
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness @ Everett L Park Croch/Knit @ Library Park Painting on Facebook Flu Clinic @ Senior Ctr	Attend Fitness Classes in person, or Go to: ZOOM.US Click: <b>JOIN MEETING</b> Enter Meeting Number: <b>508 802 1647</b> Enter Password: <b>103725</b>		<u>9:30 AM</u> <b>1</b> Zumba	<b>2</b> 
<u>9:30 AM</u> <b>5</b> Pelvic Floor Pfilates	<u>9:30 AM</u> <b>6</b> Meditation <u>12:30 PM</u>  Bingo 	<u>9:30 AM</u> <b>7</b> Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting	<u>9:30 AM</u> <b>8</b> Zumba  <u>3:30 PM</u> COA Mtg via ZOOM	<b>9</b>
<u>9:30 AM</u> <b>12</b> Pelvic Floor Pfilates  <b>19</b>	<u>9:30 AM</u> <b>13</b> Meditation <u>12:30 PM</u> Bingo  <b>20</b>	<u>9:30 AM</u> <b>14</b> Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting Flu Clinic (by app) <b>21</b>	<u>9:30 AM</u> <b>15</b> Zumba  <b>22</b>	<u>1:00 PM</u> <b>16</b> Painting with Lauren! On Facebook  <b>23</b>
<u>9:30 AM</u> Pelvic Floor Pfilates  <b>26</b>	<u>9:30 AM</u> Meditation <u>12:30 PM</u> Bi  <b>27</b>	<u>9:30 AM</u> Zumba  <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting <b>28</b>	<u>9:30 AM</u> Zur  <b>29</b>	   <b>30</b> 
<u>9:30 AM</u> Pelvic Floor Pfil: 	<u>9:30 AM</u>  Meditation <u>12:30 PM</u> Bin 	<u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Crocheting/Knitting	<u>9:30 AM</u> Zumba	 <b>HAPPY HALLOWEEN</b>  ...on Oct 31st

\* ADVANCED REGISTRATION IS REQUIRED

## TID-BITS

### A photo to share from our Quilting Group:

This beautiful quilt was made by our very own Irene Allen. It is a Friendship Quilt that Irene made and gave to a special friend to commemorate a 65 year friendship.

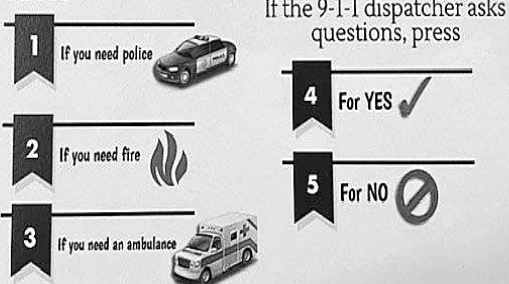


## DID YOU KNOW?

### The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press



Source: MA State 911 Department and the Executive Office of Public Safety and Security

[www.mass.gov/e911](http://www.mass.gov/e911)



Get your flu shot at the senior center where we have created a safe environment.

October 14th

Appointments Required

Call the Center to Register 508-285-0235

Bring your Medicare or Insurance Card

Sponsored by Walgreens





**REPORT ELDER ABUSE**

**1-800-922-2275**

Operating 7 days a week 24 hours a day.

## VETERANS' RESOURCES

### Town of Norton Veterans' Service Office (VSO)

Town Hall - 70 East Main Street

508-285-0274


eflett@nortonmaus.com



**M.G.L. Chapter 115** is a state benefit for eligible veterans and eligible dependents of deceased veterans. This benefit is designed to help Massachusetts Veterans and their families who fall below certain income and asset limits. Note that even if your income is higher than the specified amounts you still may qualify for reimbursements of medical expenses. **Please contact Estelle Flett at the Norton VSO to discuss eligibility.**

508-285-0274

eflett@nortonmaus.com

**Veterans:** Your local veteran organizations  along with the Norton Veterans' Services Office (VSO) are here to support you and your family during COVID-19 and after.

**Please reach out if we can help!**

**American Legion Post #222** 508-285-2307

**Fillmore-Nason VFW Post #8049** 508-285-3845

www.vfwnorton.org Facebook: NortonVFWpost8049

*REQUEST: Update your contact information with Post #8049 to receive text and/or emails regarding events at the VFW.*

*Call or email with your Name, Address, Email and Phone #*



## IT'S YOUR CALL

Confidential help for Veterans and their families



Confidential chat at VeteransCrisisLine.net

## ATTENTION:

**ALL KOREAN WAR VETERANS  
WHO SERVED IN KOREA BETWEEN  
JUNE 25, 1950- JULY 27, 1953**

**YOU ARE ELIGIBLE TO RECEIVE THE  
KOREAN AMBASSADOR FOR PEACE MEDAL**



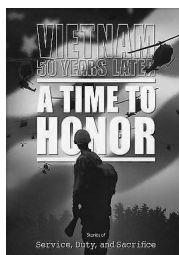
**You must have your DD214  
Call Estelle for more info.  
508-285-0274**

**Veterans Office is seeking  
Purple Heart Recipients.  
Please contact Norton VSO  
508-285-0274**



### A Time to Honor

#### Commemorative Vietnam Veterans Book



This book is provided to Vietnam Veterans who served Boots on the Ground in Vietnam, Blue Water Navy Veterans and/or family members of a deceased Vietnam Veteran.

Please contact Estelle to pickup your copy! **508-285-0274**

# Community Support for Seniors

## **Senior Food Pantry 508-223-4257**

Hebron Food Pantry  
11 Sanford Street  
Attleboro, MA 02703  
Every Tuesday 10:30 AM - 11:30 AM  
Free for Seniors 60 and over



## **Norton Food Pantry 508-285-3398**

Open 1st and 3rd Monday each month from  
4:30 PM - 6:30 PM. The Norton Food Pantry is  
located at the Town Hall.  
ID and proof of residency are required.



## **Meals on Wheels 508-675-2101**



If you or someone you know  
could benefit from nutritious  
meals delivered on a daily basis,  
please call the Bristol Elder  
Services Information and  
Referral line to arrange an  
in-home assessment.

## **Brush with Kindness 508-399-1781**

Habitat for Humanity's Brush with Kindness  
program can help people with limited or fixed  
incomes make necessary repairs on their home.  
For more information call 508-399-1781  
or email: [dir@oldcolonyhabitat.org](mailto:dir@oldcolonyhabitat.org)  
[www.oldcolonyhabitat.org](http://www.oldcolonyhabitat.org)



## **Assurance Wireless 888-321-5880**

If you participate in a qualifying program (i.e. Mass  
Health, Chapter 115, SNAP), or have limited  
income (below \$16,000/yr  
for one person) you may  
qualify for a free cell phone.  
You can apply online at  
[assurancewireless.com](http://assurancewireless.com) or  
call the Senior Center for  
help! 508-285-0235



## **GATRA DIAL-A-RIDE 508-823-8828**

Call or register at the Senior Center!

\$1.75 One Way

**\$15.00 Ten Ride Pass available  
at the Senior Center**

\$2.50 Out of Area



## **Med Wheels 508-823-8828 X 263**

Long Distance Medical Transportation  
48 hour advance notice is necessary!

## **Elder Legal Services 1-800-244-9023**

South Coast Counties Legal Services, Inc. offers free  
legal assistance for seniors, specializing in the areas  
of housing law, family law, elder law, education  
law, consumer law, and government benefits  
including Social Security and disability. [sccls.org](http://sccls.org)

## **Commodities Supplemental Food Program (CSFP)**

Are you a senior from Norton who could benefit  
from two free bags of non-perishable, nutritious  
groceries every month?

To qualify a senior must be 60 years old or older  
and meet the following gross monthly guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
1	\$1354
2	\$1832
3	\$2311

If you are a senior who meets the qualifications  
and would like to participate in this wonderful  
program please contact us! 508-285-0235

**This newsletter was published with  
funding from a grant from the  
Executive Office of Elder Affairs!!**

## RESOURCES/SERVICES

### HOW CAN THE COA HELP ME?

If you are an older adult or a caregiver, these are some of the services and programs that we offer and that are available to you here at the Norton Senior Center and at the Norton Town Hall.

#### OUTREACH INFORMATION AND REFERRAL

Cathy Varnum, COA Outreach Worker, is available to consult with residents, family members and caregivers to discuss resources and services available for seniors.

#### Application Assistance

Medicare, Medication  
Fuel Assistance  
Food Stamps (SNAP)  
MassHealth  
Long Term Care  
Elder Counseling



Call Cathy at the Senior Center, or at 774-265-4169

#### DURABLE MEDICAL EQUIPMENT

If you need Durable Medical Equipment give us a call and we can arrange for a Grab-&-Go pick-up!

**LOANS:** Free loans of walkers, commodes, crutches, shower benches and wheelchairs are available to elder residents of Norton. We have canes and some adaptive devices, too!



**DONATIONS:** We accept donations of medical equipment in good, clean condition. Please call prior to bringing your donations to the Center to see if we have storage space. THANK YOU!!



#### FOOT DOCTOR

Friday September 11

#### FLU CLINIC

Wednesday October 14

#### SHINE

Free Health Insurance information, counseling and assistance for people with Medicare.



Call the Senior Center to schedule an over-the-phone appointment. 508-285-0235

#### EMERGENCY TRANSPORTATION

The CAR program may be able to help with emergency transportation needs. Call the Senior Center for more information.



#### FOOT DOCTOR

Friday September 11

\$35 Fee for Service



Dr. Erik Henrickson will provide foot exams by appointment only. Some insurance accepted. Call Plymouth Podiatry 508-824-9571 for coverage information. Call the Senior Center 508-285-0235 for an appointment. Safety protocols will be in place due to Covid-19 concerns.

#### FLU CLINIC

Wednesday October 14

FREE 10:00 AM - 12:00 PM

Please call the Senior Center to set up an appointment: 508-285-0235



# TRIPS by Citizens on Aging

**December 15, 2020**

## **Holiday Winter Wishes Show**

Lunch & Holiday Entertainment...all at Connecticut's famous Aqua Turf Club. We'll enjoy a delicious Family Style Luncheon, and dance (or tap your feet) to the fabulous Steppin Out Band.

**\$99 per person**

**For questions about any of our trips,  
call Betty Fogerty at 508-285-0235.  
Sign up at the Senior Center!**



## **THANKSGIVING DINNERS**

**If you know a Norton Senior or Veteran that could benefit from a cooked Thanksgiving Dinner, please contact us.**

**Sign-up deadline is November 6, 2020.**

**Call us at the Senior Center! 508-285-0235**



## **September is Emergency Preparedness Month**

Norton Alerts is a great way to get informed of emergencies and other important events in town.

Sign up at [smart911.com](http://smart911.com), or submit the following information to Charlene Fisk at the Norton Town Hall

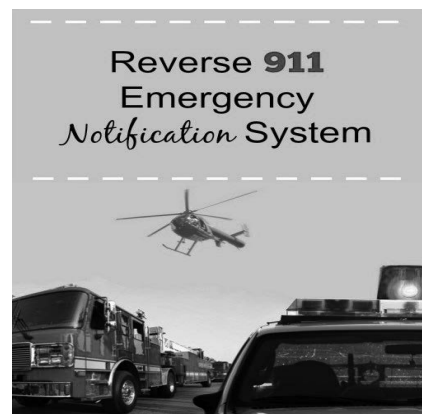
First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email Address if you have one: \_\_\_\_\_

Phone Number cell phone \_\_\_\_\_ landline \_\_\_\_\_



Once you have signed up for Smart911, first responders will be made aware of important information you have provided that will help Police, Fire and EMS locate and help you in an emergency.



## Nursing Home Family Resource Line

**617-660-5399**

The Nursing Home Family Resource Line is a dedicated phone line to connect family members of nursing home and rest home residents with the information and resources they need. This new phone line provides one central contact for families and community members who have questions about the nursing home or rest home care their loved one is receiving during the COVID-19 outbreak.

The Nursing Home Family Resource Line is staffed from 9:00 AM – 5:00 PM, seven days a week. Staff will field questions on a range of topics and coordinate across state agencies to help provide answers.



## FUEL ASSISTANCE

**Start Planning Now!**

If you received Fuel Assistance in the past, you will receive a re-certification application in the mail by mid-September. Fill it out and return it to Self Help as soon as possible.

If you do not receive a re-certification application, or if you could benefit from Fuel Assistance, please call the Senior Center in NOVEMBER to apply.



CREATING COMMUNITIES FREE FROM VIOLENCE & EXPLOITATION

New Hope is continuing to actively provide remote services for victims of domestic violence and sexual violence.

We understand that there are many concerns in this time of uncertainty with the COVID-19 virus changing our everyday lives.

**New Hope is still here for you.**

We continue to provide advocacy in our area police stations and courts. We are also providing individual counseling and advocacy services virtually and by phone.

Please use our hotline number below to contact our staff so we can provide you with the services you need.

**NEW HOPE'S 24-HOUR HOTLINE:**

**1-800-323-4673**

*If you are in immediate danger, please call 911.*

For more information about any of our services, including advocacy, safety planning, legal clinic services and counseling services please visit our website at:  
[www.new-hope.org](http://www.new-hope.org)

## Virtual Doctors Visits

or

## Visits with Family

The Senior Center has an IPAD that can help residents connect through video with family, friends, and medical doctors.

Give us a call to schedule an appointment or a home visit.



**508-285-0235**

# **FRIENDS OF THE NORTON SENIOR CENTER**

## **A message from The Friends of the Norton Seniors:**

The Friends Officers would like you to know we are thinking of you and we miss you. We will continue making our monthly phone calls and sending out emails to keep you up-to-date with any new information about the Senior Center. Please take care and stay safe.

Hope to see you soon! **Bill, Janice, Bob, and Debbie**

**The Friends of the Norton Senior Center Officers**

**It's time to RE-NEW your Friends Membership  
\$10 yearly dues. Mail your dues to the following address:**

**Attn: Bob Briscoe  
Friends of the Norton Senior Center, Inc.  
P.O. Box 623  
Norton, MA 02766**

The Friends of the Norton Senior Center is a non-profit organization. Their purpose is to raise funds through memberships and fundraising events to financially assist the Norton Council on Aging. These funds provide the Senior Center with necessary programs, equipment, and supplies. The Friends greatly assist the Norton Council on Aging in their mission to advance the welfare of seniors in Norton.

The Friends of the Norton Senior Center is a group of energetic volunteers who are interested in making a difference in the lives of the seniors in Norton. Meetings are typically held on the 4th Monday of each month at 1 PM at the Norton Senior Center. Come for refreshments, coffee, friendship & fun!

### **Friends Officers:**

Bill Byrnes (President)

Janice Norton (Vice President)

Bob Briscoe (Treasurer)

Debbie Leary (Secretary)

***THANK YOU FOR YOUR DEDICATION  
AND SERVICE TO OUR SENIOR CENTER!***

### **FALL WORD SEARCH**

Find and mark all the words listed in the word bank. The words are placed horizontally, vertically and diagonally, both forwards and backwards. Words may be overlapped. Creator: Debbie Leary

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

ACORNS  
APPLES  
APPLE CIDER  
AUTUMN  
BROWN  
COOL  
CORN MAZE

FAIRS  
FALLING LEAVES  
FOOTBALL  
GOURDS  
HALLOWEEN  
HARVEST MOON  
HAYRIDES

NOVEMBER  
OCTOBER  
OCTOBERFEST  
ORANGE  
ORCHARDS  
PIES  
PUMPKINS

RAKE  
RED  
SCARECROWS  
SEPTEMBER  
SUNFLOWERS  
THANKSGIVING  
TURKEY



## **Senior Center Facility**

### **The Select Board has voted on a location for our new Senior/Community Center!**

The proposed location is at 116-120 Mansfield Ave., which is Route 140 across from Jasmine Garden. This will be a stand-alone site for the Senior/Community Center building which will give us enough space for ample parking, an appropriate sized building, and outdoor space with access to the Norton Reservoir.

Stay tuned as informational meetings will be planned for the Fall! If you would like to support the Senior Center building plans, please call the Senior Center and we can tell you how to get involved.

There will be an article on the October Town Meeting Warrant to authorize the Select Board to purchase this property. Please plan on attending this very important town meeting.



### **Town Meeting**

**Saturday October 17th at 1PM**

**Norton High School**

**Football Field**

Rain Date:

**10/24 NHS at 1PM**

## A New Way to Sign Up for Medicare Part B

- SOCIAL SECURITY OFFICES ARE STILL CLOSED -

**If you are retiring or are turning 65 and not working, and want to sign up for Medicare, you need to sign up for Medicare Part A and B before we can help you enroll in supplemental plans, part D, or Medicare Advantage.**

Visit the Social Security Coronavirus Information Page at [ssa.gov/coronavirus](https://ssa.gov/coronavirus) to get the latest updates, including how to get help from Social Security.

Medicare beneficiaries can fax Medicare Part B Enrollment Form (CMS-40B) and Request for Employment Information Form (CMS-L-564), along with proof of employment, Group Health Plan (GHP), or Large Group Health Plan (LGHP) to 1-833-914-2016, or mail to your local Social Security office. For Norton, MA residents, the Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703.

Contact SHINE at 508-222-1399 if you have questions.  
Please leave a voice mail and someone will call you back.



EXPERT MEDICARE COUNSELING

Call the Norton Senior Center at  
(508)-285-0235

OCTOBER 15 - DECEMBER 7

### OPEN ENROLLMENT

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2021.

**Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for 2021. **SHINE** Counselors can help you understand *your* plan changes as well as *other options* you may have. Fill out the form on the following page and return it to the drop box by the back door of the Senior Center or mail it to us at the following address:

**Norton Council on Aging  
PO 552  
Norton, MA 02766**



Shine counselors will review your plan, your options, and call you to discuss any changes that you should make. As always, if you have any question please call us at **508-285-0235**.

# SHINE OPEN ENROLLMENT FORM

**Medicare Open Enrollment October 15, 2020 – December 7, 2020**

## Insurance and Drug Plan Pre-Enrollment Intake Form:

- \* You DO NOT need to fill out and submit this form if your drug coverage is included in your HMO or PPO plan and you have not changed medications, or are not experiencing high co-pays.
- \* If you want an in-person or phone appointment, please fill out this form and return it to the Norton Senior Center by mail (P.O. Box 552, Norton, MA 02766) or use the Drop Box at the Center back door.
- \* We will call you after we have completed your drug search.

Name \_\_\_\_\_ Phone \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_

\*\*\* If you would prefer for us to enroll you over phone, please circle here:      Yes! over phone      No

Name of current drug plan: \_\_\_\_\_ Pharmacy you currently use: \_\_\_\_\_

**List below the name of each drug as it appears on bottle, dosage, and number of times you take it a day**

Drug Name: (do not list brand if on generic)	Strength/Dosage (Example: 10 mg 1x per day)

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*Please contact  
 Tom Reily*

**508-336-6633 x 337**


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# Daniel M. Rich

ATTORNEY AT LAW

508-285-4725

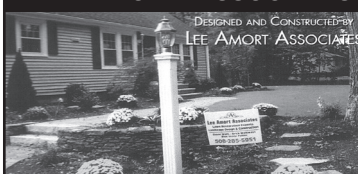


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E-mail: LeeAmort@gmail.com  
Website: www.leeamort.com



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Norton, MA 02766

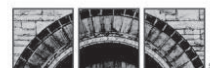


**To be a sponsor in the next  
Norton Senior Center Newsletter!**

*Please contact*

**Tom Reily**

**508-336-6633 x 337**



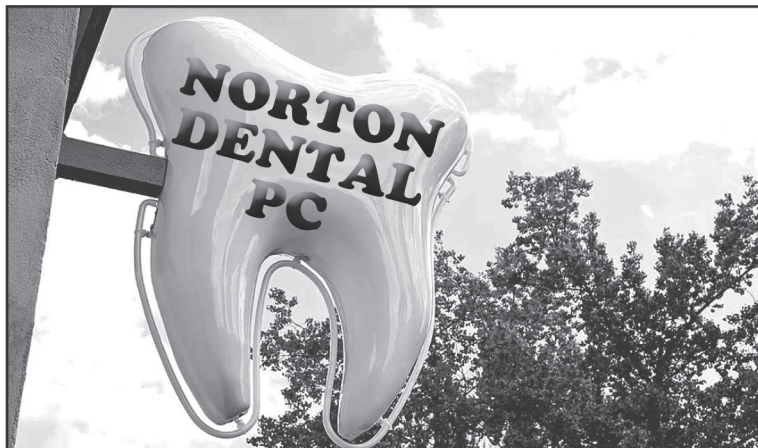
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**Thank you!**  
**On behalf of the  
Norton Senior Center  
Newsletter!**

*Please contact*

**Tom Reily**

**508-336-6633 x 337**

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