



# Norton

COUNCIL ON AGING NEWSLETTER

January / February 2020

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

Hours of Operation  
Monday - 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  
Patricia Zwicker, Treasurer  
Sharyn Stedman, Secretary  
Joan DeCosta  
Kathleen Eno  
Judy Leroux  
Robyn Lovering  
Ruth Schneider  
Paul Wannamaker

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

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

## WINTER AT THE SENIOR CENTER

### HAPPY NEW YEAR!!



I would like to wish everyone a happy and healthy 2020! As we start off a new year, why not make a resolution to try something NEW? Reach beyond your comfort zone - make new friends, or try a new activity. The Senior Center is a great place to meet wonderful people and try new things. We will continue to offer an interesting balance of fitness programs, health and educational classes, and super-fun activities and trips! Come and join us..."See you at the Center" - Beth

Stay tuned for updates on our new Senior Center. We presently have an architect looking at potential sites!

### **Inclement Weather Policy:**



**If Norton Public Schools are closed the  
Senior Center will be closed for activities.**

# WHAT'S HAPPENING

## Regularly Scheduled Programs

### CARDS

#### **WHIST TOURNAMENT**

**Every Thursday 12:30 PM \$1**

Join the Whist tournament every Thursday. Have fun and win big!

#### **BRIDGE LESSONS**

**Every Friday 11:00 AM FREE**

Learn how to play bridge with our master card sharks. Have fun while learning this fun and challenging card game.



### **BINGO** **Every Tuesday 12:30 PM**

50¢ / square for shorties

\$1 / sheet for regular game

Come join the fun and experience BINGO, Norton Style. Cheap cards, big prizes, and lots of laughs!! Free coffee and treats.



### **CROCHET and KNIT Group**

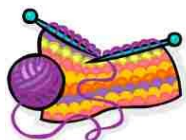
**Every Wednesday 1:00 PM**

Join the Norton Crafters and create beautiful items while socializing with friends. **FREE**



### **LEARN TO KNIT** **Every Friday 9:30 AM**

Learn how to knit from an expert knitter. Pat will teach students the basic knitting stitches so you will be creating lovely hand-made items in no time! We have everything you need to get started. **FREE**



If you are interested in joining the weekly Whist Tournament but have never played or are just feeling a bit rusty, please contact us.

We will arrange for someone to set up a time & a date for instructions!

### **QUILTING** **Every Monday 9:30 AM**

Come and join other quilters as they sew and share quilt ideas.



(Note: no class Jan 20 or Feb 17)

**FREE**

### **TAI CHI FOR BALANCE**

**Every Wednesday 10:30 AM - 11:30 AM \$2**



Tai Chi is a Chinese form of martial arts that involves slow, controlled and low-impact movements that can be easy for seniors. Tai Chi can help seniors feel steadier on their feet and improve hand-eye coordination. Join us!

### **MEDITATION FOR HEALTH & PEACE**

**Every Tuesday 9:30 AM - 10:30 AM \$2**

Experience how deep relaxation techniques are beneficial for memory, focus, and improved mood.



# FUN FITNESS - Drop In!

## CHAIR YOGA

**Every Monday 10:00 AM - 11:00 AM \$2**

Join our certified yoga instructor, Amy, for a relaxing one hour session of Chair Yoga. Chair Yoga is great for anyone who would like to learn how to increase mobility, release tension, and feel an overall sense of renewed energy. (Note: no class Jan 20 or Feb 17)



**GET FIT  
WHERE  
YOU SIT!**

## LINE DANCING LESSONS

**Every Thursday 11:00 AM - 12:00 PM \$2**

Join in the fun with Lestyn and our line dancers at the Senior Center every Thursday. Learn fun and easy line dances to upbeat tunes.

No experience necessary and all are welcome!!



## CORNHOLE TOURNAMENT

**January 6 and February 3 Monday 1:00 PM**

Have a ball "throwing the bag" in our Senior Center Cornhole Tournament.

Refreshments will be served. Yay!!

**FREE: SIGN UP AT THE SENIOR CENTER**



## ZUMBA GOLD

**Every Wednesday and Thursday**

**9:30 AM - 10:15 AM \$2**

*Thursday's focus is toning*

Join us for a fun class of Zumba Gold - the invigorating, dance fitness class with a Latin beat!

Zumba is an easy-to-follow program that lets you move to the beat at your own speed.



## YOGA FOR BALANCE

**Every Monday 11:00 AM - 12:00 PM \$2**

Join Amy in a gentle flowing yoga & Qigong-inspired balance class. This approach to movement enhances balance through slow, rhythmic, and mindful movement.



(Note: no class Jan 20 or Feb 17)

## CHAIR VOLLEYBALL

**January 31 Friday 1:00 PM**

Chair volleyball is great for upper-body mobility and joint flexibility. The game is played with a beach ball and a five foot high net. So much fun!



**FREE: SIGN UP AT THE SENIOR CENTER**

## CURLING

**January 3 Friday 1:00 PM**



Join us as we play a super fun game of Curling, Senior Center style. Bring your sense of adventure!

**FREE: SIGN UP AT THE SENIOR CENTER**

# WHAT'S HAPPENING

## Special Events and Trips

### January

**January 1 Wednesday CLOSED**

**The Senior Center is Closed Today**

**Happy New Year's Day!!**

**January 3 1:00 PM Friday FREE**

#### Curling



Join us as we play a super fun game of Curling, Senior Center style.

\*Sign up at the Senior Center

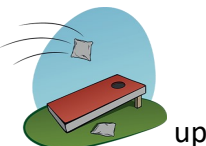
**January 6 1:00 PM Monday FREE**

#### Cornhole

Join us for this fun game of cornhole.

This bean bag toss game is great exercise and lots of laughs!

\*Sign at the Senior Center



**January 10 1:00 PM Friday FREE**

#### Painting with Laura

Join Laura as we learn to paint using simple techniques. Beginners are welcome.



\*Sign up at the Senior Center

**January 13 1:00 PM Monday FREE**

**Technology Help.** Call to make an appointment with Ray to have him help you with your computer, cell phone, TV, tablet...anything electronic!!



\*Sign up at the Senior Center (or call for a time slot)

**January 14 8:30 AM @ Kelly's Place**

#### Tuesday

#### Ladies' Breakfast @ Kelly's Place



*Ladies' Breakfast*

Join the Ladies' Breakfast Club.

We will meet and eat at Kelly's

Place! Enjoy the company of old and new friends alike. We pay with separate checks.

\*Sign up at the Senior Center

**January 15 1:00 PM Wednesday FREE**

#### Dementia 101

Taylor from Compassionate Hospice Care will be here to help us understand Dementia.

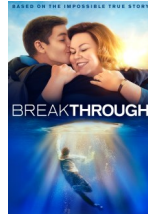


\*Sign up at the Senior Center

*Sponsored by Compassionate Hospice Care*

**January 17 1:00 PM Friday FREE**

#### Movie: Breakthrough



BREAKTHROUGH is based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. Popcorn & Beverages.

\*Sign up at the Senior Center

**January 20 Monday CLOSED**

**The Senior Center is Closed Today**

**Martin Luther King Day**



**January 22 8:30 AM @ Kelly's Place**

#### Wednesday

#### Men's Breakfast @ Kelly's Place



Join the Men's Breakfast Club. We will meet and eat at Kelly's Place!

Enjoy the company of old and new friends alike. We pay with separate checks.

\*Sign up at the Senior Center.



# WHAT'S HAPPENING

**January 22 1:00 PM Wednesday FREE**

## Circuit Breaker

Join Bill LaPlante as he goes over the Circuit Breaker Tax Credit! As a senior citizen, you may be eligible to claim a refundable *credit* on your personal state income *tax* return. The *Circuit Breaker tax credit* is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.



**January 24 1:00 PM Friday FREE**

## Chinese New Year

Join us as we celebrate the year of the RAT!! We will have food, games, crafts and lots of fun!

\*Sign up at the Senior Center



**January 27 1:00 PM Monday FREE**

## Friends of the Norton Senior Center Meeting

Our monthly business meeting will feature Speaker Janet Richardi who will help us plan on making Norton a dementia friendly community.



\*Sign up at the Senior Center

**January 29 1:00 PM Wednesday FREE**

## Fire and CO<sub>2</sub> Safety

Ed Blanchard from the American Red Cross will be here at the Senior Center to review home fire and carbon dioxide safety for Seniors!

\*Sign up at the Senior Center



**January 31 1:00 PM Friday FREE**

## Chair Volleyball

Join us for a fun game of Chair Volleyball.

\*Sign up at the Senior Center



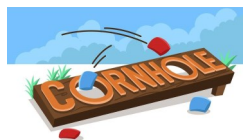
## Special Events and Trips

### February

**February 3 1:00 PM Monday FREE**

## Cornhole

Join us for this fun game of cornhole. This bean bag toss game is great exercise and lots of laughs!



\*Sign up at the Senior Center

**February 5 1:00 PM Wednesday FREE**

## Senior Savvy - Lunch and Learn



The Attorney General's office will be here to give us some great tips!

\*Sign up at the Senior Center

**February 7 1:00 PM Friday FREE**

## Lunch & Learn: Happy Heart Health

Join us for a fancy heart healthy chicken luncheon, and learn how to keep our tickers talkin'!

\*Sign up at the Senior Center

Sponsored by Bristol Elder Services

Healthy Heart



Healthy You

**February 10 1:00 PM Monday FREE**

## Lunch & Learn: Valentine fun

Have some valentine fun with Yvette

\*Sign up at the Senior Center

Sponsored by Wingate



**February 11 8:30 AM @ Kelly's Place**

## Tuesday

## Ladies' Breakfast @ Kelly's Place

Join the Ladies' Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends alike. We pay with separate checks.

\*Sign up at the Senior Center



# WHAT'S HAPPENING

**February 12 1:00 PM Wednesday FREE**

**Valentine Craft with Laura**

\*Sign up at the Senior Center



**February 14 1:00 PM Friday FREE**

**Valentine's Day Party**

Join us for a nice lunch and some wonderful musical entertainment. Bring a wedding or prom picture and get a chance to win a prize!

\*Sign up at the Senior Center

*Sponsored by Wingate*



**February 17 Monday CLOSED**

**The Senior Center is closed today**

**President's Day**

**February 19 8:30 AM @ Kelly's Place**

**Wednesday**

**Men's Breakfast @ Kelly's Place**

Join the Men's Breakfast Club. We will meet and eat at Kelly's Place! Enjoy the company of old and new friends. We pay with separate checks.

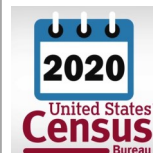
\*Sign up at the Senior Center



**February 19 1:00 PM Wednesday FREE**

**Lunch and Learn—Census**

Danielle Broly will be here to talk about the 2020



Census and why it is important for older adults to participate.

\*Sign up at the Senior Center

*Sponsored by US Census Bureau*

**REMEMBER TO SIGN UP FOR  
EVENTS IN ADVANCE TO AVOID  
PROGRAMS BEING CANCELLED!!!!**



**February 21 1:00 PM Friday FREE**

**Dance Performance**

Join us for an afternoon of Hip-Hop and Jazz by the kids from MusicDance!

\*Sign up at the Senior Center



**February 24 1:00 PM Monday FREE**



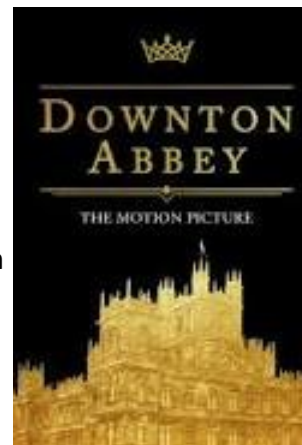
Friends of the Norton Senior Center Meeting. Join us! Speaker Amy Stein will talk about the benefits of Yoga and Balance.

\*Sign up at the Senior Center

**February 28 1:00 PM Friday FREE**

**Movie: Downton Abbey**

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.



\*Sign up at the Senior Center



**For the safety of everyone,  
when visiting the Senior  
Center, please park in  
designated parking spots  
only!**

Handicapped spots are for people with handicapped placards or plates only.



## TRIPS by Citizens on Aging

**June 17-19, 2020**

### **Penn Dutch ShowStopper**



Experience an entertaining getaway to the Amish Country! See the show Esther at the Sight and Sound theater.

**\$50 deposit due 3/10/20**

**September 23, 2020**

### **The Pilgrims and Plymouth**

Join us as we travel to Plymouth to celebrate Plymouth's 400th birthday. We will have lunch at Plymouth



Plantation where we will eat like Pilgrims!

**\$10 deposit due asap**

**October 8-23, 2020**

### **Mediterranean and Greek Isles Cruise**

12 Nights aboard Royal Caribbean's Jewel of the Sea

**Inside Cabin \$3479**

**Outside Stateroom \$3669**

**Outside With Balcony \$4379**

Includes roundtrip airfare, 2 nights in Barcelona, with touring and three meals, 12 night cruise on the Jewel of the Seas including all meals, entertainment and trip protection!



**For questions about any of these trips  
call Betty Fogerty at 508-285-0235**



**The Norton Senior Center / Council on Aging  
is now on FACEBOOK!!**

Check out pictures from recent events and  
get reminders of upcoming  
activities and programs.



## THANK YOU

**For your December donations to  
benefit local children!**

We collected the following:

**257 hats, 72 pairs of mittens, 34 pairs of pajamas,  
54 pairs of socks, 24 scarfs, 27 outfits  
and over 30 blankets!!!!**





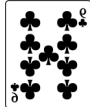




*Items were distributed to local children through the  
Norton St. Vincent de Paul Society, and Head Start*



*thank you!*

# JAN 2020

## Norton Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	New Year's Eve	<b>1</b> HAPPY NEW YEAR'S DAY!  CLOSED	<b>2</b> <u>9:30 AM</u> Zumba <u>11:00 AM</u> Line Dancing <u>12:30 PM</u> Whist	<b>3</b> <u>9:30 AM</u> Learn to Knit <u>11:00 AM</u> Bridge Lessons <u>1:00 PM</u> Curling 
<u>10:00 AM</u> Yoga <b>6</b> <u>11:00 AM</u> Balance Y <u>11:00 AM</u> BP Check <u>1:00 PM</u> Cornhole Quilting	<u>9:30 AM</u> <b>7</b> Meditation <u>12:30 PM</u> Bingo 	<u>9:30 AM</u> Zumba <b>8</b> <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Knit/Crochet Veteran's Agent*	<u>9:30 AM</u> <b>9</b> Zumba <u>11:00 AM</u> Line Dancing <u>12:30 PM</u> Whist	<u>9:30 AM</u> <b>10</b> Learn to Knit <u>11:00 AM</u> Bridge Lessons <u>1:00 PM</u> Painting w/Laura
<u>10:00 AM</u> Yoga <b>13</b> <u>11:00 AM</u> Balance Yoga <u>1:00 PM</u> Technology Help Quilting	<u>8:30 AM</u> <b>14</b> Ladies' Breakfast <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo	<u>9:30 AM</u> <b>15</b> Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Dementia 101 Knit/Crochet	<u>9:30 AM</u> <b>16</b> Zumba <u>11:00 AM</u> Line Dancing <u>12:30 PM</u> Whist 	<u>9:30 AM</u> <b>17</b> Learn to Knit <u>11:00 AM</u> Bridge Lessons <u>1:00 PM</u> Movie Breakthrough
<b>20</b> Martin Luther King Day Senior Center CLOSED 	<u>9:30 AM</u> <b>21</b> Meditation <u>12:30 PM</u> Bingo 	<u>8:30 AM</u> <b>22</b> Men's Breakfast <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Cir Brk Bill Knit/Crochet	<u>9:30 AM</u> <b>23</b> Zumba <u>11:00 AM</u> Line Dancing <u>12:30 PM</u> Whist	<u>9:30 AM</u> <b>24</b> Learn to Knit <u>11:00 AM</u> Bridge Lessons <u>1:00 PM</u> Chinese New Year 美
<u>10:00 AM</u> Yoga <b>27</b> <u>11:00 AM</u> Balance Yoga <u>1:00 PM</u> Friends Mtg/Event Quilting	<u>9:30 am</u> <b>28</b> Meditation <u>12:30 PM</u> Bingo 	<u>9:30 AM</u> <b>29</b> Zumba <u>10:30 AM</u> Tai Chi <u>1:00 PM</u> Fire & CO <sub>2</sub> Safety Knit/Crochet	<u>9:30 AM</u> <b>30</b> Zumba <u>11:00 AM</u> Line Dancing <u>12:30 PM</u> Whist	<u>9:30 AM</u> <b>31</b> Learn to Knit <u>11:00 AM</u> Bridge Lessons <u>1:00 PM</u> Volleyball 

\* Advanced registration required



# FEB 2020

Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FREE</b> <b>Baked Goods are available on Monday and Wednesday after 10:00 AM</b>				
<b>10:00 AM Yoga 3</b> <b>11:00 AM Balance Y</b> <b>11:00 AM BP Check</b> <b>1:00 PM</b> <b>Cornhole</b> <b>Quilting</b> 	<b>9:30 AM 4</b> <b>Meditation</b> <b>12:30 PM</b> <b>Bingo</b>	<b>9:30 AM Zumba 5</b> <b>10:30 AM Tai Chi</b> <b>1:00 PM</b> <b>Lunch &amp; Learn</b> <b>Knit/Crochet</b> <b>Veteran's Agent*</b>	<b>9:30 AM 6</b> <b>Zumba</b> <b>11:00 AM</b> <b>Line Dancing</b> <b>12:30 PM</b> <b>Whist</b>	<b>9:30 AM 7</b> <b>Learn to Knit</b> <b>11:00 AM</b> <b>Bridge Lessons</b> <b>1:00 PM</b> <b>Lunch &amp; Learn</b>
<b>10:00 AM Yoga 10</b> <b>11:00 AM</b> <b>Balance Yoga</b> <b>1:00 PM</b> <b>Lunch &amp; Learn</b> <b>Quilting</b>	<b>8:30 AM 11</b> <b>Ladies' Breakfast</b> <b>9:30 AM</b> <b>Meditation</b> <b>12:30 PM</b> <b>Bingo</b>	<b>9:30 AM 12</b> <b>Zumba</b> <b>10:30 AM Tai Chi</b> <b>1:00 PM</b> <b>Valentine Craft</b> <b>Knit/Crochet</b>	<b>9:30 AM 13</b> <b>Zumba</b> <b>11:00 AM</b> <b>Line Dancing</b> <b>12:30 PM</b> <b>Whist</b>	<b>9:30 AM 14</b> <b>Learn to Knit</b> <b>11:00 AM</b> <b>Bridge Lessons</b> <b>1:00 PM</b> <b>Valentine's Party</b> 
 <b>17</b> <b>President's Day</b> <b>Senior Center</b> <b>CLOSED</b>	<b>9:30 AM 18</b> <b>Meditation</b> <b>12:30 PM</b> <b>Bingo</b> 	<b>8:30 AM 19</b> <b>Men's Breakfast</b> <b>9:30 AM Zumba</b> <b>10:30 AM Tai Chi</b> <b>1:00 PM Lunch &amp; L</b> <b>Knit/Crochet</b>	<b>9:30 AM 20</b> <b>Zumba</b> <b>11:00 AM</b> <b>Line Dancing</b> <b>12:30 PM</b> <b>Whist</b>	<b>9:30 AM 21</b> <b>Learn to Knit</b> <b>11:00 AM</b> <b>Bridge Lessons</b> <b>1:00 PM</b> <b>Dance Performance</b>
<b>10:00 AM Yoga 24</b> <b>11:00 AM</b> <b>Balance Yoga</b> <b>1:00 PM</b> <b>Friends Mtg/Event</b> <b>Quilting</b>	<b>9:30 AM 25</b> <b>Meditation</b> <b>12:30 PM</b> <b>Bingo</b> 	<b>9:30 AM 26</b> <b>Zumba</b> <b>10:30 AM Tai Chi</b> <b>1:00 PM</b> <b>Knit/Crochet</b>	<b>9:30 AM 27</b> <b>Zumba</b> <b>11:00 AM</b> <b>Line Dancing</b> <b>12:30 PM</b> <b>Whist</b> 	<b>9:30 AM 28</b> <b>Learn to Knit</b> <b>11:00 AM</b> <b>Bridge Lessons</b> <b>1:00 PM Movie</b> <b>Downton Abbey</b>

\* Advanced registration required

## **FRIENDS OF THE NORTON SENIOR CENTER**

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.

**BECOME A MEMBER!!** Sign up at the Senior Center. Annual Dues are only \$10.00.

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 held on the 4th Monday of each month at 1 PM at the Norton Senior Center. Come for refreshments, coffee, friendship and fun!!

**Meetings - 4th Monday of each month at 1:00 PM**

**January 27th**

**Monday Meeting @ 1 PM, Speaker Janet Richardi (Dementia)**

**February 24th**

**Monday Meeting @ 1 PM, Speaker Amy Stein (Info Balance/Yoga)**

**March 23rd**

**Monthly Meeting @ 1 PM**

**April 27th**

**Monthly Meeting @ 1 PM**

**May 25th**

**Monthly Meeting @ 1 PM**



### Friends Officers

Bill Byrnes - President

Janice Norton - Vice President

Bob Briscoe - Treasurer

Debbie Leary - Secretary

## **Fundraiser at HOME PLATE**

20% of all purchases made for the day (opening to closing) will go to the Friends of the Norton Senior Center!

**March 24, 2020**

***Raffle items, too.***



## **MOHEGAN SUN**

**Thursday March 26, 2020**



**8:00 AM bus departs**

**5:00 PM return**

**\$25.00**

Includes a credit for the Buffet, or \$15 food credit + \$15 credit for 1 spin on the BIG WHEEL!

Sign up by putting a completed registration form and payment in the Friends black box

## RESOURCES/SERVICES

### HOW CAN THE COA HELP ME?

**If you are an older adult, or a caregiver, you may be unaware of all the services that are available to you**  
**Listed below are some of the many services and programs we have to offer**

#### 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 Counseling  
 Fuel Assistance  
 Food Stamps (SNAP)  
 MassHealth  
 Safe Link Wireless  
 Elder Counseling

Call Cathy 508-285-0235



#### DURABLE MEDICAL EQUIPMENT

**LOANS:** Free loan of walkers, commodes, crutches, shower stools and wheelchairs is available to elder residents of Norton.

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



#### FOOT DOCTOR

**Friday January 3** \$35 Fee for Service

Dr. Erik Henrickson will provide foot exams by appointment only. Some insurance accepted.

Call Cassie 508-747-1973 for coverage information.

Call the Senior Center 508-285-0235 for appointment.

#### SHINE

**FREE**

Free Health Insurance  
 Information, counseling and assistance for people with Medicare. **Call the Senior Center for an appointment.**



#### BLOOD PRESSURE SCREENINGS **FREE**

**Mondays January 6 / February 3**

Norton's Public Health Nurse, Donna Palmer is at the Senior Center on the first Monday of every month to check blood pressures. **Stop by!!**



#### VETERANS' AGENT **FREE**

**Wednesdays January 8 / February 5**

Come have a cup of coffee with Estelle Flett, Norton's Veteran's Officer. Chat about Veteran's issues or schedule a private meeting to discuss your benefits and rights. Estelle comes on the first Wednesday of every month. Sign up at the Senior Center or call 508-285-0235 to make an appointment.



#### AARP TAX Assistance - FREE - Thursdays

Starting in February, volunteer counselors trained in cooperation with the IRS and State DOR, will assist seniors with the preparation of Federal and State tax returns. **Appointments are required.**

**Please call the Senior Center 508-285-0235.**

## TAX TIME!

Appointments starting in February

**S.H.I.N.E.****Serving the Health Insurance Needs of Everyone****MEDICARE SAVINGS PROGRAMS****WANT TO SAVE MONEY ON YOUR MEDICARE COVERAGE?**

**A new state law in Massachusetts is expanding several Medicare Savings Programs (aka "MassHealth Buy-in" programs).**

If you are a resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium.

Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare. If you qualify for a Medicare Savings Program, **you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.**

1. **Learn** about the new income and asset limits: If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs.

**You Are: Single Individual**

Your income is at or below: \$1,738/month (Note that this amount may increase as of 3/1/20) and your assets are at or below: \$15,460 (Note that this amount may increase as of 1/1/20)

**You Are: Married Couple**

Your income is at or below: \$2,346/month (Note that this amount may increase as of 3/1/20) and your assets are at or below: \$23,200 (Note that this amount may increase as of 1/1/20)

2. **Call** MassHealth's Customer Service Center by phone at **1-800-841-2900**, or TTY at **1-800-497-4648**, and request a simple, 2-page, "MassHealth Buy-In" application, or download one from: <https://tinyurl.com/MassMSP> and **apply after January 1st**

**If you have any questions or you would like information or assistance call the Norton Senior Center at 508-285-0235 for a Medicare SHINE appointment.**





## Fuel Assistance (LIHEAP)

Winter heating bills can be a challenge for a household budget. Help is available. Fuel assistance and energy efficiency programs provide income-eligible households with financial assistance to help pay heating bills. If you received fuel assistance last year, this year's renewal application should have been mailed to you in 2019. If you wish to apply for the first time, or require help with the renewal process, please call the Norton Senior Center at (508) 285-0235 to make an appointment, for more information, or for a list of required documentation.

Note: This is a Citizens for Citizens, Inc. program, and all applications will be forwarded to them for processing.

## BENEFITS OF PRESCRIPTION ADVANTAGE

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$4020. Then you will pay 25% of the cost of brand name drugs and 25% for generics. This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the coverage gap.



The infographic is titled "Prescription Advantage" and features a background image of a stethoscope on a medical chart. It is divided into two main sections: "Who Is Eligible" and "How to Enroll".

**Who Is Eligible**

- ✓ Age 65 or older and not eligible for Medicare
- ✓ Age 65 or older, eligible for Medicare, and have a gross annual household income less than 500% of the Federal Poverty Level
- ✓ Age 64 and younger, work no more than 40 hours per month, meet MassHealth's CommonHealth disability guidelines, and have a gross annual household income at or below 188% of the Federal Poverty Level

**Prescription Advantage**  
Help pay for prescription drugs

Source: Executive Office of Elder Affairs (EOEA)

**How to Enroll**

- ✓ Online: [www.prescriptionadvantagemma.org/OnlineForm](http://www.prescriptionadvantagemma.org/OnlineForm)
- ✓ Call 1-800-AGE-INFO and Press 2

**Mass.gov**

Another **GREAT BENEFIT** of Prescription Advantage is the ability to make an **ADDITIONAL CHANGE** to your Part D plan outside of open enrollment or **JOIN** a Part D plan if you do not have one.

To find out how to lower your drug costs, call Prescription Advantage at: **1-800-243-4636** or TTY at **1-877-610-0241** for the deaf and hard of hearing. You can also visit their web-site: **[WWW.PRESCRIPTIONADVANTAGEMMA.ORG](http://WWW.PRESCRIPTIONADVANTAGEMMA.ORG)**.

For further assistance or questions contact SHINE at 508-285-0235.

## Smart Home Technology - Stay Connected!!

Did you know that technology can empower seniors to live independently longer? With smart phones, computers and tablets, it is easy to connect with friends, family and caregivers without leaving home.

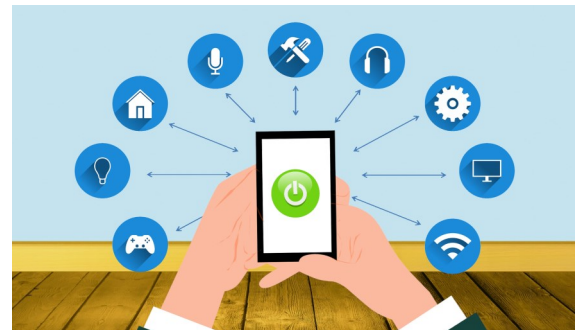


With a “connected home” it is possible that seniors can get the things they need in their daily routine while maintaining their quality of life at home. The variety of smart home technologies that can benefit older adults grows every day. The premise behind many of them is to compliment existing lifestyle – and make it less complicated.

Some new automated tools you’ll be seeing soon include:

- Telehealth technology that allows patients to have live, personal interaction with doctors via video while at home.
- A pill dispenser that provides audible and visual alerts up to 30 minutes before when pills are scheduled to be taken.
- A smart toothbrush that will report brushing habits and provide oral health advice through a phone app.
- A voice-activated TV remote, eliminating the need to press buttons and navigate through on-screen menus.

Today’s technology allows us to connect to family, friends, caregivers and healthcare providers, and gives us opportunities to engage and manage our daily lives right from home!



The Town of Norton offers many tax exemptions designed to reduce the property tax burden of qualifying Elderly and or Disabled Veterans.

### **The exemptions include:**

#### **Clause 17E - \$208 - Elderly - Age 70, Widower, or Minor Surviving Child**

To qualify, one must fit into one the above categories as of July 1st for the current fiscal tax year. Assets may not exceed \$45,727 and one must have owned and occupied the real estate for ten years. There is no income limit for this exemption.



#### **Clause 37A - \$500 - Blind**

To qualify, one must have a certificate from the MA Commission of the Blind as of July 1st, and for each July 1st in which an application is filed.

#### **Clause 41D - \$1000 - Elderly - Age 70**

To qualify, applicants must be 70 years of age as of July 1st for the current fiscal year. Income cannot exceed \$27,514 (single) or \$41,272 (married). Assets cannot exceed \$45,728 (single) and \$62,877 (married). This annually adjusted amount is deducted from overall income to determine eligibility.

#### **Clause 22 & 22F - \$400 - \$1000 - Disabled Veterans**

There are several exemptions available for veterans with war-related disabilities, veterans with Purple Hearts, Congressional Medal of Honor, Distinguished Service Cross, Navy Cross, or Air Cross, and for surviving spouses of qualifying veterans.

#### **Clause 41A - \$ Varies - Tax Deferral**

To qualify, one must be 65 years of age as of July 1st. Income cannot exceed \$40,000, and one must occupy the residence. This exemption allows a qualifying resident to defer a portion or all of their annual real estate taxes until the owner chooses to sell the property, or until the owner dies and the estate is settled.

#### **Clause 18 and 18A - \$ Varies - Hardship**

To qualify, one must meet the requirements of age, disability and financial hardship as determined by the Board of Assessors. The amount of the exemption varies on a case-by-case basis.

#### **Clause 42 & 43 - 100% - Surviving Spouse or Minor of a Police Officer /Fire Fighter Killed in the Line of Duty.**

**Call or Visit the Assessors' Office if You Have Any Questions!**

**508-285-0270**

**Thank you** to Ryan Morley and his fellow scouts from Boy Scout Troop 61 for painting our building this past fall— it looks great!



## FOOD STAMPS FOR SENIOR CITIZENS

Everything you need to know to apply for food stamps as a Senior.



**FoodStampsNOW**

Make an appointment with Beth or Cathy to see if you qualify and apply.  
*We can also help with re-certification!*

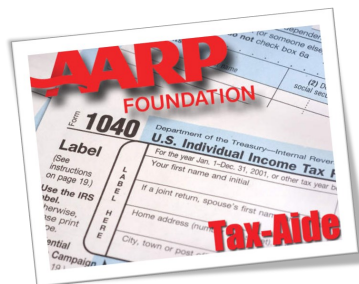
### Senior and Veterans' Tax Work Off Programs

The Senior and Veterans' Tax Work Off Abatement Program is a tax abatement credit for persons 60 or older or Honorably Discharged Veterans' who work for the town of Norton on a volunteer basis.

Applications are located at the Senior Center on a first come first served basis.



## TAXES



**February 1 - April 15**  
**THURSDAYS by appointment only**

Please bring the following:

- Intake Form (available at the Senior Center)
- Photo ID for primary taxpayer
- Social Security Cards for each person listed on the tax return
- All income reporting info for 2019  
W-2, 1099, 1098, 1095, brokerage statements, property tax bills and water bills paid in 2019, lottery winnings statements, and any other income related forms, etc.
- Prior years' tax return



# 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 Elders 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 in the Town Hall basement.  
ID and proof of residency are required.



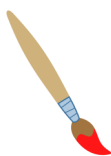
## **Meals on Wheels 508-675-2101**



If you or someone you know  
could benefit from nutritious  
meals delivered to your home  
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)



## **Caregiver Support**

### **Monthly Support Group - FREE**

Are you overwhelmed taking care of an aging  
parent? Join the Caregiver Support Group which  
meets monthly on the 4th Tuesday of each month  
from 10:00 AM - 11:15 AM at Mansfield Adult Day  
Health Center, 300 Branch Street, Mansfield, MA.  
For more information call 508-339-2119.

## **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 X263**

Long Distance Medical Transportation  
48 hour advance notice is necessary!

### **Alzheimer's Support Group**

1st Tuesday of the Month 1:30 PM - 2:30 PM at  
Community VNA (10 Emory Street, Attleboro)

## **Commodities Supplemental Food Program**

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!

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

Norton Council on Aging  
55 West Main Street  
PO Box 552  
Norton, MA 02766

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