

JANUARY 2021

THE SENIOR SCENE

LUDLOW SENIOR CENTER—228 STATE STREET, LUDLOW, MA 01056

Ludlow Senior Center

The Center is CLOSED to the public. Staff is available by phone.

Phone Number:

(413) 583-3564

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Senior Center Staff:

Executive Director:

Jodi Zepke

jzepke@ludlow.ma.us

Outreach Coordinator:

Debbie Johnson

outreach@ludlow.ma.us

Activities Director :

Maria Ardolino

activity@ludlow.ma.us

Deb Borecki –Clerk

Jack Alves-Driver

John Garcia-Driver

Naomi White-Receptionist

Jorge Fialho-Maintenance

Donna Haluch-LaRose-Cook

Jammin' with Jodi...

So nothing EVER goes as planned. I had to re-write this because we haven't moved yet. Unfortunately COVID had other plans for us. Needless to say we will be moving on January 12th therefore meals will begin on Tuesday, January 19th. We are sorry for the delay but we need to make sure everyone is safe and healthy! Good news is the building is complete and we have our Certificate of Occupancy which means the building is OURS! Remember we are here! Our phone number hasn't changed. Again we apologize for the delay! Be safe please and continue all precautions! Don't disappoint us 2021! ~Jodi

AARP Tax Assistance—SAME DAY DROP OFF/PICK UP PLEASE READ CAREFULLY!

Beginning in February, a drop-off/pick-up system of assistance with filing Federal and Massachusetts State tax returns will be provided by trained volunteers from AARP for area seniors at the Ludlow Senior Center. Because of the COVID-19 pandemic and the associated health risks to the tax aide volunteers, **there will be no in-person, face-to-face help offered.** The AARP Tax Aide program is a no-cost service with emphasis on helping older adults who have a **low to moderate income** and relatively **simple tax returns**. More complicated returns require more expertise than the volunteers have been trained to handle. All taxes will be filed electronically. There will be no paper tax returns. **Beginning on MONDAY, January 22nd, those wishing to schedule an appointment can call the Senior Center at 583-3564 after 9 a.m. All tax appointment calls will automatically go to a dedicated tax assistance voicemail. Calls will be returned within a ten-day period and an appointment will be scheduled for a particular date, but not a specific time. PLEASE NOTE THERE WILL BE NO APPOINTMENTS BEFORE FEBRUARY 16TH.** A confirmation letter, detailed instruction sheet, and Intake Form will be mailed to all scheduled participants in advance of their appointment. All necessary documentation must be left in the white Council On Aging drop box located outside near the front door by 9 a.m. on the day of the scheduled appointment. **Participants must be available by phone on the day of their scheduled appointment for frequent consultations with the Tax Aide volunteer.** All those with appointments on a given day must retrieve their tax documentation between 2:30 and 3:30 p.m. on the day that their return was filed. **The entire tax filing process will necessitate two trips to the Senior Center and Telephone availability for consultations until the individual's return is processed, on the day of the appointment.**

Thank you for your patience and to our AARP volunteers!

Ludlow Senior Center ● (413) 583-3564 ● www.ludlow.ma.us ●

JANUARY GRAB AND GO LUNCH MENU

Jan 19: Lasagna (1st meal at 228 State!)

Jan 20: Ham Dinner—Birthday Lunch!

Jan 21: Cobb Salad

Jan 26: Baked Cod

Jan 27: Kielbasa with lazy pierogi

Jan 28: Meatloaf

For those of you that paid for January in advance, we will credit you in February or reimburse your payment. Please let us know when you come through the Grab and Go line.

Thank you for your patience!

PICK UP TIME - 11:30am—12:30pm at 228 State Street

Please remember you must be 60+, drive up to receive your meal and make reservations 24 hours in advance. Offered on Tuesdays, Wednesdays and Thursdays and the cost is \$2.00. Thank you for your understanding.

If you would like to pay for the whole month of January is \$12.00 per person and checks can be made out to Ludlow Council on Aging.

JANUARY GRAB AND GO...

BAD WEATHER ALERTS...

The first Grab and Go of January will be Tuesday, January 19th at the NEW building located at 228 STATE STREET. There will be signs and staff directing you into the parking lot. It may take us a week or two to fine tune pick up so please bear with us. **BE SURE TO MAKE YOUR JANUARY RESERVATIONS BY JANUARY 18th.** Again, thank you for your patience as we relocate and get healthy!

**PICK UP IS AT
228 STATE STREET**

In the event of inclement weather and the need to cancel Grab and Go, we will send out a robo call through our data base. We have been handing out ORANGE information slips and this is so we can be sure to let you know if we need to cancel lunch. We will also put it on Channel 40 and on our Facebook page. It is also very important that if you decide not to come out and pick up lunch, that you call and cancel. We are trying really hard not to waste food and resources so please be sure to cancel if you are not picking up your lunch. Plus we worry about you!

MONTHLY BIRTHDAY LUNCH

We are going to return to the 3rd Wednesday as being our Birthday lunch! If your birthday is in January, be sure to let us know and lunch is on us on the 20th! Happy Birthday!

SHINE REMINDER...

January—March is Open Enrollment for Medicare Advantage members who want to return to regular Medicare with a Part D plan and Medigap coverage. Call the Center to make a PHONE appointment with our SHINE volunteer to answer questions and make changes . 583-3564. (SHINE—Serving the Health Insurance Needs of Everyone)

CONNECT WITH THE SENIOR CENTER FROM YOUR HOME

If you do not have a device and want to call in, call 1(929)205-6099 and use the meeting ID and password.

CURRENT WEEKLY SCHEDULE

ZOOM Bingo - Tuesday 2:00pm

Meeting ID: 837 6101 2789 Password: 801534
We can mail, email or hand you your own BINGO card. Lots of fun and laughs!

ZOOM Chair Yoga with Lisa - Wednesday 4:30pm

Meeting ID: 823 0145 4132 Password: 032079
Lisa, a popular teacher at the center, gets us moving our bodies in a safe calming way on a chair, mat or towel. It is also a great way to catch up with all Yoga buddies and see new faces. All are welcome.

ZOOM Trivia - Friday 11:00am. - 12:00pm

Meeting ID: 811 1761 2769 Password: 585540
Join us for a game of multiple choice trivia. Lot of laughs are had in this just for fun game.

ZOOM EVENTS IN JANUARY

“Wheel of Fortune” ZOOM style

Thursday, January 7th and 21st at 1:00pm

Meeting ID: 859 9648 1090 Password: 764055
Just like on TV, Play Wheel of Fortune Spin the Wheel and guess the puzzle.

“Why Seniors?” ZOOM presentation by Lisa Pandolfi with Freedom Credit Union

Monday, January 25th at 1:00 p.m.

Meeting ID: 880 8185 3140 Password: 812588
Seniors today are targeted for all kinds of fraud. Learn how to fight back funeral, prescription and healthcare fraud.

ZOOM Book Club: The Irish Cowboy by D.W. Ulsterman Thursday, January 28th at 2:00pm

Meeting ID: 882 4088 4418 Password: 444456

He gave his word, refused to break a vow, and lost his one chance at true love. Now they've come for his land. Hap Wilkes is a man facing a painful past, an increasingly uncertain future, and now fights with everything left in a broken and failing body, to keep the one thing still left to him - his pride. The Irish Cowboy is a story of loss, secrets, redemption, and the always present human yearning for love and forgiveness.



Cookie and Hot Chocolate Day!



Sand For Senior!
Thank you Peoples Bank!



Jim W receiving the very last meal at 37 Chestnut St.!



Merry Christmas and Happy New Year!

National Pie Day!

Did you know there is a National Pie Day? We didn't either but we will be celebrating it on Friday, January 15th. Come by the front door of the NEW CENTER at 228 State St between 1pm-2pm for a piece of pie! We will be safely waiting for you. What is your favorite? Apple? Chocolate Cream? Pumpkin? YUM!



The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Senior Center in writing. Thank you!

OUTREACH INFORMATION...

Three Ways to Avoid COVID-19 Vaccine Scams

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

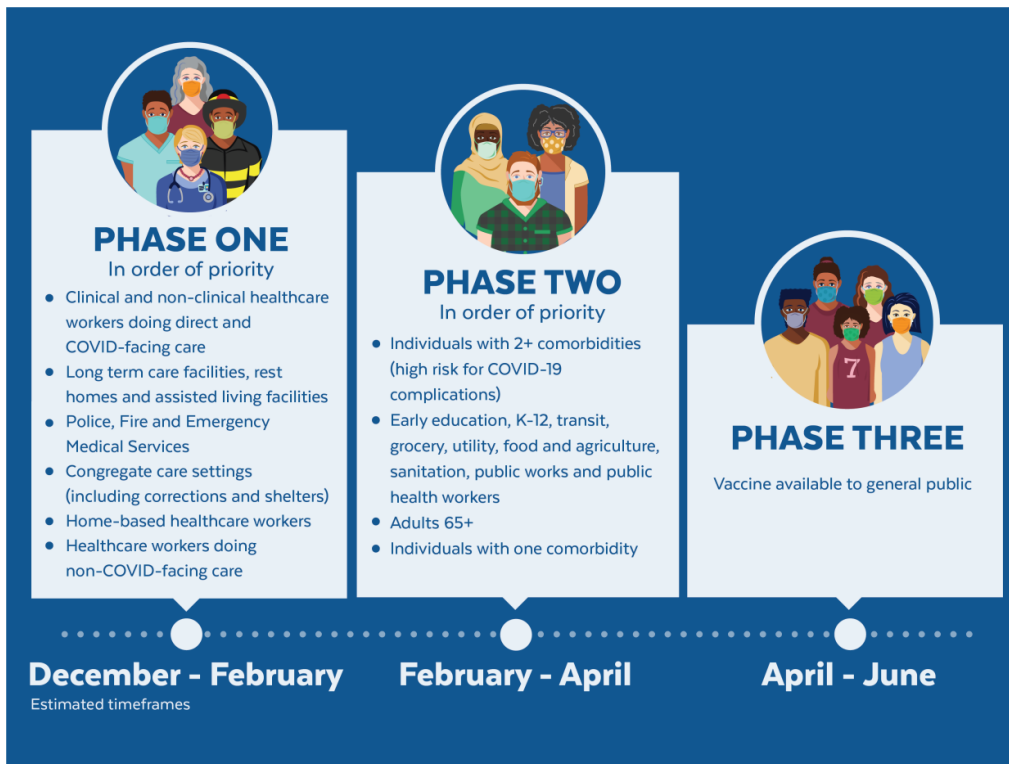
- You can't pay to put your name on a list to get the vaccine. **THAT'S A SCAM!**
- You can't pay to get early access to the vaccine. **THAT'S A SCAM!**
- Nobody legit will call about the vaccine and ask for your Social Security number, bank account or credit card number. **THAT'S A SCAM!**



Ignore any vaccine offers that sound suspicious or ask for personal or financial information.

Learn more at
ftc.gov/coronavirus/scams

Or call the Center with any questions or concerns!



COVID VACCINE INFO

Many have asked about when and how they will be vaccinated. Here is the list for the State of Massachusetts. Unfortunately we do not have much information on when and how you will get your shot and hopefully more information will come out soon. You can also check the following link for frequently asked questions and further information.

[https://www.mass.gov/info-details/covid-19-vaccine-frequently-asked-questions.](https://www.mass.gov/info-details/covid-19-vaccine-frequently-asked-questions)

The Brown Bag Program

Tuesday, JANUARY 19, 2021
1:00pm—3:00pm

This monthly program provides shelf stable foods from the Food Bank of Western MA. Bags are put together at the Senior Center and are available for pick up or delivery the 3rd Tuesday of every month. Pick up is at the **FRONT DOOR of the NEW BUILDING at 228 State Street**. If you think this program could help, contact Debbie at 583-3564.

FRIENDS OF THE LUDLOW SENIOR CENTER

Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

Donations have been received in memory of the following friends:

- ~Deceased members of the Friends - Claire Bachand
- ~Ronald Connaughton & Joanne Martin - Virginia Bourdeau

Donations have been received for the New Building Fund from the following:

- ~John Chmura
- ~Christine Peabody
- ~Etta Brockney
- ~Suzanne & John Hangasky
- ~Luso Federal Credit Union
- ~Theresa Detka
- ~Maxine Mazur
- ~Grab & Go participants

Thank you to all who support the Center!

DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____ Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to: _____

(kindly indicate name, address & relationship) Donation amount \$ _____ Used For: * _____

Check Here if you would prefer to remain anonymous _____ *New Building Fund - General Need - Other

**If no area is specified monies will be designated for Building Fund*

Please make check payable to: **Friends of the Ludlow Senior Center** 228 State Street, Ludlow MA, 01056

CHANNEL 192 PROGRAMMING...

We are working with Mike Hill and Ludlow Cable Access to bring more programs into your home. The following is a schedule of programs for the month of January on channel 192. We would love your feedback on the schedule and the programs so let us know what you think!

Monday:

9am—Moving & Grooving
3pm—Yoga

Tuesday:

9am—Chair Yoga
3pm—Today's Hot Topic! (Barbershop Harmony Society, Climate Change, Know Your Shopping Rights)

Wednesday:

9am—Tai Chi
3pm—Zumba

Thursday:

9am—Today's Hot Topic! (Barbershop Harmony Society, Climate Change, Know Your Shopping Rights)
3pm—Chair Yoga

Friday:

9am—Boomer Boot Camp
3pm—Cooking Class

Saturday: 9am—Chair Yoga

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Website:

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Fax Number:

(413) 583-5658

Chairman:

Fred Lafayette

Vice Chairman:

open

Secretary:

Kara Ribeiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Diane Peacey

Frank Krzanik

Debbie Johnson

THANK YOU!

Thank you all for your cards, baked goods and other tokens of appreciation during the holidays! We appreciate you and your kind thoughtfulness! THANK YOU! ~the Staff

The Pie Poem...

Eight kind staffers work all day long,
Keeping our senior community strong.
Cooking us meals and helping us out,
Answering questions we're not sure about.
You've been going at it for months on end,
Amid this crisis you remained our friend.
Greeting us with smiles as we drove thru,
We can't wait to get back together with you.
So in the meantime enjoy this pie,
We're grateful that you get us by.
Consider them all, one big hug,
From the three lucky critters that you just love!

~Lyons, Tigers and Bears

(Thank you Dwayne Lyons for another awesome poem! We really appreciate your words and thoughtfulness! The pie was delicious as well.)

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