The July issue of the Courier was submitted to the publisher at the end of May, at which time the Center was closed to the public to reduce the spread of COVID-19 in our community. While most of our programs are pending the City/State’s decision to reopen, we hope you’ll participate in some virtual options as described on page 5.
**SHARE FACTS ABOUT COVID-19**

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2**
For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4**
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5**
You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you develop symptoms AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19]
**DIRECTOR'S CORNER**

Hello Everyone,

Happy Fourth of July! We hope you have a chance to celebrate with family and friends while keeping social distance to keep one another safe. We miss seeing you and so look forward to when we can all be together again. We realize that may be a slow process. You’re worth waiting for!

We are so sad for the many people who have contracted COVID-19 and those who died from it. Our hearts go out to the friends and families who struggle to manage their grief without being able to give each other a shoulder to cry on or a comforting hug. Please don’t hesitate to reach out if you’re having a difficult time. Connecting with others does help. Don’t worry that you don’t know what to say. It matters to people simply that you let them know you care. This time will be behind us at some point. Until then, we will continue to do what we feel will keep you safe and well. Read inside for resources that can help you and others navigate this very difficult time.

We’re pleased to announce that a number of programs made possible by the Framingham Cultural Council and the Rosanne Bergman Trust have been moved to July and set up to be enjoyed from the comfort of your home. Please see details inside about how you can attend these and other programs in a virtual way. Keeping a safe social distance from others doesn’t have to be boring. Come join us online. Your grandkids will be so proud of you!

A huge THANK YOU to the Friends of Callahan for applying for funding from Metrowest Health Foundation to purchase paper goods and cleaning supplies for people who either cannot afford these items, can’t find them when they go shopping or who are not able to shop at this time. We greatly appreciate the efforts of the staff at the YMCA who collect these and other donations and make them available to those in need. If you are 55+ and need these items, leave a message at the Callahan Center’s main number and a social worker will return your call. Thank you to Tricia Welsby for arranging these orders remotely and to Randy Aylsworth and Dan Coletti for arranging deliveries when needed.

Thank you to Daniel’s Table for stocking the freezer at the Callahan Center with a variety of frozen meals, vegetables and soups available for people 55+ who need them.

A great big Thank You to Marybeth Croci for coordinating the efforts of a dozen or more people to sew several thousand handmade face coverings, which they have donated to various organizations across the Metrowest area, including the Callahan Center for a recent Mask-a-Pade giveaway. Thank you to the Framingham Library for coordinating the donations of these masks and packaging them for safety.

Grace

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**CALLAHAN CENTER STAFF**

**STAFF**

Grace O’Donnell, MS, Director of Elder Services
Randy Aylsworth, Assistant Director
Paula Geller, Programs Manager
Tricia Welsby, Administrative Assistant
Judy Lew, ESOL Instructor
Ralph Dunlea, Computer Room Coordinator
Sarah Viadero, Volunteer Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
Paul Gambrazio, Van Driver
Dan Coletti, Van Driver

**SOCIAL SERVICES**

Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavallee, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Martha Guevara, MA, Bilingual Outreach/DME Coordinator
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant

**SHINE**

Kathy Worhach, SHINE Director

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**CALLAHAN CENTER**

535 Union Avenue (Handicap Accessible), Framingham, MA 01702
Telephone: 508-532-5980
Web address: www.framinghamma.gov/360/Council-on-Aging

**Hours of Operation:**
Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.
Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

**CALLAHAN CENTER MISSION STATEMENT**

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

**DISCLAIMER NOTICE**

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

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**COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS**

Chairman: Clyde Dottin
COA Board Meeting
July 14 at 1:30 p.m.

Members: Jim Divver, Mark Goldman, Larry Griffin, Audrey Hall, Sally Kaitz, Mike McGibbon, Betty Muto, Jennifer Rich, Glenda Thomas, Ruthann Tomassini
ANNOUNCEMENTS

MANY PROGRAMS ARE PENDING UNTIL WE REOPEN

Please know that Center staff continues to monitor calls and email. If calling, please leave your name and phone number on our voicemail at 508-532-5980. If you provide us with your email, it gives us another way to update you. As always, medical emergencies should be directed to 911. For more information regarding resources available to you during the COVID-19 outbreak, please see the articles throughout this issue.

REMEMBER TO WEAR A FACE COVERING IN PUBLIC:
Mayor Spicer signed an Emergency Order requiring all members of the public aged two years and older to “wear a clean face covering, such as a fabric face mask, scarf or bandana, over their mouth and nose, and exercise social distancing in accordance with CDC guidelines.” Governor Baker instituted a similar statewide face-covering order mandating that all residents over the age of 2 use a face covering in all indoor public places and outside when social distancing can’t be properly maintained.

UPDATE: The City’s new informational phone line was activated at the end of May. (The City’s former Emergency Operations Center is now closed). The new line, which is (508) 532-5411, will be staffed Monday-Friday, 8:30 a.m.-3:30 p.m. Residents can get answers related to Framingham COVID-19, food resources, testing sites, and ways to slow the spread of the virus, such as social distancing and hygiene. When the Informational Line is not staffed (after 3:30 p.m. on weekdays and over the weekend), residents will receive a detailed message with information about City functions and where they can find additional information, as well as a request to leave their name, phone number and question. All messages will be returned the next business day. Information regarding resources for food or paper goods appears on page 6 of this issue.

REMINDER – As of the end of May, all City playgrounds, tennis courts, basketball courts, skate park, and Bowditch track are closed until further notice. The City has also closed the parking lot at Farm Pond. Parks and Trails will remain open for passive use. Residents are encouraged to practice social distancing while enjoying nature. Maintenance in parks will continue. The City is taking action to minimize exposure to COVID-19 in public spaces. The health and safety of residents is a top priority.

THE LEARNING CENTER FOR THE DEAF AUDIOLGY CLINIC

WONDER YOU LIKE TO SAVE $1,000 ON YOUR PROPERTY TAX BILL? The Senior Property Tax Work-Off Program allows homeowners to earn up to a $1,000 credit on their property tax bills by working in designated municipal departments, if they are approved for the program. Applications are now being accepted for the FY21 program for Framingham residents who meet all of the following criteria: 1) Are at least 62 years old as of July 1, 2020 and 2) Own their own home for five years or more, and 3) Have gross income of $50,000 or less for a single person or $60,000 or less combined gross income for couples. Preference is given to residents who have not participated in the program in previous years. Please call the Callahan Center for an application and additional details: 508-532-5980 or visit the website: www.framinghamma.gov/360/council-on-aging.

DID YOUR LICENSE OR INSPECTION STICKER EXPIRE? Due to the pandemic, the Massachusetts RMV has taken measures to reduce customer visits in their Service Centers. Driver’s licenses and ID cards that expired in:
• March, April, and May have been extended to September 2020
• June extended until October 2020
• July extended until November 2020
• August extended until December 2020
If you are an AAA member, you can make a reservation to renew your driver’s license/ID at an AAA location. Visit aaa.com/appointments to schedule your visit.

In addition, the federal government announced a revised REAL ID compliance deadline of October 1, 2021. Because a REAL ID requires an in-person visit to an RMV Service Center, the RMV has suspended the issuance of REAL IDs until September 2020.

THE CALLAHAN CENTER WILL BE CLOSED on Friday, July 3 in celebration of Independence Day, and staff will not be available by phone.

INCOME TAXES! The Federal and Mass. income tax filing deadlines have been extended to July 15. Please know that we prepared this newsletter in May and are unsure of whether the AARP volunteers will be available to return to Callahan when we reopen. If they are available to help, we will call you to reschedule your appointment. Regardless, please note that we will be unable to accommodate any new appointments. If you do not owe taxes the July 15 deadline is not a concern. If you think you owe taxes it is possible to file an extension.

CALLAHAN GOLF LEAGUE
Group plays Tuesdays, 9 a.m., weather permitting - Held at Southborough Golf Club.
Course is nine holes for $18 (senior rate). Cart is extra. For more information, contact Paul Virdinlia at JVirdinlia@aol.com or 508-872-7984.

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INTRODUCING CALLAHAN AT HOME
In the event that the Center is unable to open in July, we look forward to delivering some live, remote programming so that you can continue to participate in the activities you enjoy. This month's virtual programs – which will be offered via Zoom – include:

• PC Security and Maintenance on Tues., July 21 at 2 p.m.
• Classical Music Inspired By Dance on July 21 at 6 p.m.
• Every Other House A Tavern on July 28 at 6 p.m.
• Great American Writers on Tues., July 30 at 6 p.m.

When calling to sign up, be sure to leave:
1. Your full name
2. Program(s) you are interested in
3. Your email address (preferred if you have one)
4. Your phone number

At least three-days prior to the program date, we will email you the Zoom link and related info, so you can just click on the link and enter our virtual Blais Room. If the building is closed, the following in-person programs will be rescheduled: Delvena Theatre-Isabella and Quest for Empire.

CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS
The Cultural Arts and History Programs listed below are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Rosanne Bergman Trust.

DELVENA THEATRE RETURNS TO CALLAHAN FOR A PERFORMANCE OF ISABELLA
Tuesday, July 14, 6-7 p.m.
Step back in time and meet Isabella Stewart Gardner, the famed founder of the eponymous museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior. From the same troupe that brought us performances about Julia Child, Eleanor Roosevelt and Lizzie Borden, join us for another informative and always entertaining presentation from the Delvena Theatre Company. The Delvena Theatre Company, which was founded in 1992, has been nominated for five Independent Reviewers of New England Awards.

CLASSICAL MUSIC INSPIRED BY DANCE
Tuesday, July 21, 6-7 p.m.
Presented by: Pianist Sivan Etedgee
Must register by 7/15
Shall We Dance? Learn how the changing styles of dance have influenced classical music from Renaissance Spain to the ballrooms of Paris and Vienna through the streets of Argentina. Pianist Sivan Etedgee will feature and play the music of Bach, Chopin, Villa-Lobos, and Piazzolla. Sivan appears frequently as a recitalist, chamber musician, and lecturer, performing for audiences of all ages throughout the year. Committed to making classical music enjoyable for everyone, he establishes an easy rapport with his audiences, giving commentary on the music throughout his concerts.

MINDFUL LIVING ONLINE
Wednesdays, 10:30-11:30 a.m.
$3 per class payable to the Callahan Center
Must register by 7/15
This popular long-running program has been thriving online as weekly classes continue via Zoom. Each week is a combination of mindful awareness practices, breathing techniques, meditations and more that help cultivate a heart-centered community, nurture a positive mindset, actively work with tension and anxiety, and so much more. Lisa is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. To participate in this class, please email Paula at pgeller@framinghamma.gov or call 508-532-5980, ext. 4110.

PC SECURITY & MAINTENANCE
Tuesday, July 21, 2020, 2-3 p.m.
Instructor: Ralph Dunlea
Must register by 7/15
This class will review the various ways scammers operate and how to protect yourself as best as possible. We will discuss how to ensure that vendors and products sold online are legitimate. We will also take a look at anti-virus and anti-spyware programs (some free, others for a fee) to keep your device and information secure.

MINDFULNESS MEDITATION WITH LISA
Wednesdays, 10:30-11:30 a.m., $3 fee payable to Callahan Center
Must register by 7/22
This class will focus on present-moment awareness through guided meditations. Join us to learn more about mindfulness and its benefits. Lisa is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. To participate in this class, please email Paula at pgeller@framinghamma.gov or call 508-532-5980, ext. 4110.

SPORTS FANATICS
Mondays, 10 a.m.
Are you missing sports programming? Until play resumes, there’s still plenty to talk about like trades, how leagues and unions will adjust to new needs, and what the future holds here and abroad. To join the lively conversation and add your name to the Zoom invitation list, please contact Mark Goldman at goldmanmj59@yahoo.com.

MUTINY ON THE BOUNTY
Tuesday, July 28, 1:30-2:30 p.m.
Presented by: Bob Begin
Bob Begin recounts the events leading up to the most famous mutiny in maritime history, the mutiny on the Bounty. This is a tale about a Royal Navy ship on a mission to an exotic island, Tahiti, to bring back breadfruit plants. The Captain, William Bligh, was considered a harsh disciplinarian, but not as bad as many of his peers. The crew of volunteers was looking forward to tales of enchanted women, and the midshipmen were hoping this journey would result in promotion. Join us to learn why the mission ended up as a mutiny. Presenter Bob Begin is a naval history enthusiast and lecturer at local libraries and lifelong learning programs.

EVERY OTHER HOUSE A TAVERN
Tuesday, July 28, 6-7 p.m.
Presented by: Paolo Di Gregorio
Must register by 7/22
Taverns, inns and public houses played a variety of important roles in colonial New England. Because of their communal and, oftentimes, loosely regulated nature, these places became centers of political debate and activism. Come explore the role that taverns and alcohol played in early America. Let’s hoist a pint and discuss how taverns were the centers of the Revolution. Paolo Di Gregorio is a visiting lecturer in the History Department at Bridgewater State University and an instructor in the Anthropology Department at Wheaton College.

GREAT AMERICAN WRITERS:
PHILIP ROTH
Tuesday, July 28, 1:30 p.m.
Presented by: Dr. Larry Lowenthal
Must register by 7/23
Philip Roth was one of the most acclaimed American writers of the 20th century and the winner of every significant literary award outside the Nobel Prize, which his admirers throughout the world felt he richly deserved. Often categorized as an American “Jewish” writer, Roth briddled at the term and insisted he was an “American” writer whose themes centered on universal concerns about ethnic and national identity, the distinction between reality and fiction, the corruption of the individual soul, the agonies of aging, and the relentless demands and complications of love and sex. Presenter Larry Lowenthal received an M.A. in English Literature from Northwestern and Ph.D. in Drama from NYU. Until 2014, he taught in the English and Jewish Studies Departments at Northeastern University as an Adjunct Professor.

QUEST FOR EMPIRE: PART 1 - MUTINY ON THE BOUNTY
Thursday, July 23, 1:30-2:30 p.m.
Presented by: Bob Begin
Bob Begin recounts the events leading up to the most famous mutiny in maritime history, the mutiny on the Bounty. This is a tale about a Royal Navy ship on a mission to an exotic island, Tahiti, to bring back breadfruit plants. The Captain, William Bligh, was considered a harsh disciplinarian, but not as bad as many of his peers. The crew of volunteers was looking forward to tales of enchanted women, and the midshipmen were hoping this journey would result in promotion. Join us to learn why the mission ended up as a mutiny. Presenter Bob Begin is a naval history enthusiast and lecturer at local libraries and lifelong learning programs.

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CLASSICAL MUSIC INSPIRED BY JAZZ
Tuesday, August 11, 6-7 p.m.
Presented by Pianist Sivan Etedgee
Must register by 8/5
Our series on Classical Music with Sivan Etedgee continues in August with a focus on the Jazz Influence. From Joplin to Ravel, learn how classical composers of the early 20th century were influenced by Jazz. Registration opens in July.

SPORTS FANATICS
Mondays, 10 a.m.
Are you missing sports programming? Until play resumes, there’s still plenty to talk about like trades, how leagues and unions will adjust to new needs, and what the future holds here and abroad. To join the lively conversation and add your name to the Zoom invitation list, please contact Mark Goldman at goldmanmj59@yahoo.com.
We look forward to resuming programming as possible, when the Center reopens. Although our full July calendar appears on pages 16-17, this schedule is pending the City’s decision to reopen.

In light of the COVID-19 outbreak, we will be devoting space in this issue to providing helpful information as we continue to socially isolate at home. Some of the information on this page has been adapted and edited from a number of websites including the City of Framingham, Senator Karen Spilka, as well as several other sources. Please remember that due to ever-changing circumstances, some of this information may have changed since it was submitted to our publisher.

METROWEST RESOURCES AVAILABLE DURING THE COVID-19 OUTBREAK

ASSISTANCE WITH FOOD

The CITY OF FRAMINGHAM has set up a phone number for those experiencing an extreme food emergency and will make every effort to meet the needs of these emergencies. Someone having an extreme food emergency is defined as a person who:

- Has NO ability to access other food resources in Framingham from the organizations listed below.
- Has no formal or informal networks of support for help getting food.

If you meet these guidelines, please call: 508-532-5479

THE FOLLOWING IS A LIST OF ORGANIZATIONS FROM WHICH RESIDENTS CAN ACCESS EMERGENCY FOOD:

A Place to Turn: A Place to Turn provides emergency food and clothing and is open to MetroWest residents through referrals. A Place to Turn also is currently working with the Framingham Housing Authority to ensure delivery of groceries to older adults in housing. For more information, contact: 508-655-8868. Days of operation: Tuesday and Thursday, 9:30 AM - 12:30 PM. Pick-up Location: 99 Hartford Street, Natick

BayPath Elder Services: The Meals on Wheels Program is accepting new referrals. This program is open to people who are:
- Over the age of 60
- Homebound
- Unable to adequately prepare meals

Call 508-573-7200 and leave a message if you would like to be enrolled in Meals on Wheels. Your call will be returned.

(BRACE) The Brazilian-American Center: English, Portuguese, and Spanish speakers are available to answer questions and register people. Food is delivered to qualified registrants. For more information, please visit: www.brazilianamericancenter.org or call: 508-628-0390. Registration and requests are accepted Monday through Friday, 9 AM - 5 PM.

Callahan Center: Frozen food is available for Framingham residents ages 55 and over, who are experiencing difficulty accessing food. Please call in advance for information: 508-532-5980, press 2 for Social Services.

Celebration International Church: Drive-thru food pantry open to the public. Translations available in English, Spanish, Portuguese (not always available), and Russian. Open to the public every other Wednesday, 7 PM - 8 PM. Contact: 508-653-6864, ext. 0 or Help@cicalive.com. Pick-up Location: 6 Loker Street, Wayland.

Daniel’s Table: Daniel’s Table will be open and distributing food to people over 60 years of age, as well as families with children 0-18 years of age. Hours of operation: Wednesday: 4 PM - 6:30 PM, or Friday: 1 PM - 3 PM. Prior registration is needed, please call the main phone number: 508-405-0769 For English and Spanish: 508-239-6690; For English and Portuguese: 508-239-6691

Pick-up Location: 10 Pearl Street, Framingham

Faith Community Church: Families Helping Families: Open to Framingham residents. Drive-through grocery pick up in Hopkinton, MA. Groceries are available on a first-come, first-serve basis, and advanced online registration is required: https://tch.cccchurch.com/goto/forms/1297/responses/new Pick-up Location: Instructions will be provided at the time of registration confirmation. Hours of operation: Saturday: 12:00 - 2:00 PM.

Project Bread: A statewide, toll-free hotline providing information and referral service for people facing hunger. Call: 1-800-645-8333, (TTY 1-800-377-1292). Hotline Hours: Monday-Friday: 8 AM - 7 PM and Saturday: 10 AM - 2 PM. The hotline can provide information in 160 different languages.

The Salvation Army: Open to all residents by appointment only, call: 508-875-3341.

Hours of operation: Monday through Thursday, 9 AM - 2 PM. Pick-up Location: 350 Union Avenue, Framingham

United Way of Tri-County - Pearl Street Cupboard & Cafe At Park: Open to anyone, Monday through Friday. Pantry open: Monday, Wednesday and Friday, 9 AM - 1 PM & Wednesdays 5 PM - 7 PM Take-out Hot Meals available: Monday through Friday, 5:30 PM - 7 PM Contact Information: 508-370-4921 and 774-200-3556

Pick-up Location: 46 Park St., Framingham

MENTAL HEALTH

Call 2 Talk, a statewide service of United Way of Tri-County: A mental health, emotional support, and suicide prevention program run by Mass211. Call 2-1-1 or 508-532-2255.

Crisis Text Line, a nationwide service: Text from anywhere in the USA to text with a trained Crisis Counselor. Text TALK to 741741.

LGBTQ Parent & Caregiver Helpline from Greater Boston PFLAG: Call 866-427-3524.

Veteran’s Crisis Line from the US Department of Veterans Affairs: Call 800-273-8255.

Network of Care Massachusetts: Comprehensive statewide online resource - https://massachusetts.networkofcare.org/mh/index.aspx

Psychiatric Emergency Services from Advocates, Inc: Crisis team provides assessment and intervention via telephone and video for people of all ages who are experiencing a mental health and/or substance use emergency. Available 24 hours each day, call 800-640-5432.
MANY PROGRAMS ARE PENDING UNTIL WE REOPEN

METROWEST RESOURCES

UTILITY ASSISTANCE

Eversource Extended Payment Arrangements: Suspending service disconnections for non-payment and eliminating late payment charges as detailed online: https://www.eversource.com/content/ema-c/residential/safety/protect-yourself/responding-to-COVID-19

Also offering a flexible payment plan for any past-due amount. Contact: 866-861-6225 to learn more.

Comcast and Verizon: See your provider’s website or call the customer service number on your monthly bill as both companies are offering hardship considerations due to COVID-19.

INFO FOR OLDER ADULTS

From Centers for Disease Control: COVID-19 Guidance for Older Adults - Comprehensive prevention, preparation, and treatment online: https://www.cdc.gov/aging/COVID19-guidance.html

AARP offers a variety of articles on COVID-19 and more: https://www.aarp.org/

Framingham Library has assembled a collection of online resources for seniors: https://framinghamlibrary.org/services/seniors/

INSURANCE COVERAGE

Health Care for All: Can assist with health insurance questions. Call 1-800-272-4232 or visit: https://www.hcfama.org/

SHINE OFFICE: For assistance regarding Medicare, call the MetroWest regional office at 781-453-8076. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back as soon as possible

LEGAL SERVICES

MetroWest Legal Services: Free legal assistance to MetroWest residents who meet age (60+) and/or other eligibility guidelines. Call: 508-620-1830 or 1-800-696-1501.

Massachusetts Senior Legal Helpline: Volunteer Lawyers Project of Boston providing free legal information and referral services to Massachusetts residents who are age 60+: 1-800-342-5297.

ANIMAL CARE

From the Humane Society: Coronavirus FAQ for Animal Care includes pet-care resources, covering the cost of pet care, and preparedness tips: https://www.humanesociety.org (Click on “Coronavirus Watch”)

From the MSPCA a list of Pantries for Pet Food: https://www.mspca.org/animal_protection/massachusetts-food-pantries

VOLUNTEER GROUP AVAILABLE

Framingham Coronavirus Community Outreach: A voluntary network of residents linking people who need help to those who are able to help. Send an email to Help@framinghamoutreach.com or visit https://framinghamoutreach.org

WHAT’S ALL THE BUZZ

Intro to Using Zoom
Zoom is a video conference call! It’s a website on the internet that allows you to have conversations with other people while being able to see them. No computer or handheld device...no problem, some programs will also provide the option to simply dial in by phone. If the Callahan Center is closed to the public, the VIRTUAL programs highlighted on page 5 will all be delivered via Zoom. This is a new effort for us, too, but we hope you’ll give it a try and together we’ll learn something new.

You don’t need a Zoom account to join a call or event. With Zoom you can easily connect to live programs with the click of your mouse or via phone. Zoom works with your desktop computer, laptop, tablet, or phone.

If you’ve never used ZOOM before – or if you’d like to learn a little more - we highly recommend that you watch this brief introductory video: https://www.youtube.com/watch?v=9isp3qPeQOE

Want to read more about logging onto Zoom: See Senior Planet’s Zoom Tutorial at: https://seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf

ZOOM Q & A

The info below was adapted from the Westend Seniors Activity Centre: https://www.weseniors.ca/whats_new/zoom-q-a/

🤔 I’ve heard about Zoom on the news. Is it safe?
Zoom has been in the news recently because some of their online meetings have had people

CONTINUED >

Are you ready to rightszie to a smaller or newer place?
Are you overwhelmed at the thought of de-cluttering your current home?

CALL

THE ANTONIO TEAM
KELLER WILLIAMS BOSTON METROWEST

NANCY ANTONIO 508.561.0865
SENIOR REAL ESTATE SPECIALIST
ERICA ANTONIO 508.561.1868

BEFORE

House de-cluttered, repaired then on to market & sold - all within 90 days!
3 MONTHS TO MONEY IN YOUR POCKET!

SOLD
HEALTH & WELLNESS

MANY PROGRAMS ARE PENDING UNTIL WE REOPEN

SUPPORT GROUPS AT CALLAHAN CENTER
At this time, the status of our Support Group meetings is pending. Please call us for an update when the Center reopens to the public.

- Bereavement Support Group: Tuesday, July 14 & 28, 1-2:30 p.m.
  - Facilitated by Good Shepherd Community Care

- Better Breathers’ Support Group: SAVE THE DATE - Wednesday, August 12, 11 a.m. for a virtual program on How to Use Respiratory Inhalers with Cheryl Burgess

- Grandparent Support Group*: Wednesday, July 8, 7 p.m.

- Low Vision Group: Wednesday, July 15, 11-12:30 p.m.

- Parkinson’s Support Group: Tuesday, July 21, 1-2:30 p.m.

*Contact Lisa at 508-532-5980 ext. 2 to arrange a pre-screening for the Grandparent Support Group.

ARE YOU A CAREGIVER? We can help...
Caregiving during a pandemic brings with it enormous challenges. The Callahan Center has two licensed, clinical social workers on staff, Lisa Ushkurnis, LICSW and Cheryl Lavallee, LICSW. They are available by phone, Monday-Friday, 8:30 a.m. to 5 p.m., to provide brief, time-limited, supportive counseling. Lisa and Cheryl will listen to your concerns and provide guidance to you during these exceptionally trying times. Making that call is one way to take care of yourself. To start the conversation, call Lisa or Cheryl at 508-532-5980. To reach Lisa, enter extension 4108 OR to reach Cheryl enter ext. 4134. Please leave a message with your full name and number.

ALZ 24/7 HELPLINE: 800-272-3900
The Alzheimer’s Association’s 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. Helpline staff are available around the clock for any questions or concerns you might have. They can help address feelings of isolation and link you to important resources that can help you through this time. Virtual ALZ Meetups, educational programs and support groups are now available on diverse topics. Adults, family and caregivers can call the 24/7 Helpline: 1-800-272-3900 or visit the website: https://www.alzmassnh.org

CALL2TALK
BEHAVIOR HEALTH RESOURCE: 508-532-2255
The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health. If you struggle with chronic depression, anxiety, or just want to speak with someone, please reach out to Call2Talk at 508-532-2255 or text 741741.

JFS ALLY NAVIGATOR – HELPING LGBT+ OLDER ADULTS ACCESS MEDICAL CARE
This program offers specially trained volunteer Allies who will escort you to your medical appointments, support you throughout the visit, and ensure that you have the information you need to make informed decisions about your health care. Offered free of charge. Call JFS of Metrowest at 508-875-3100 x 110 or email patientnav@jfsmw.org to learn more.
COVID-19 has been a life-changer for all. Please know that our Social Workers are available to provide phone consultations and supportive counseling as we all continue to navigate the challenges, fears, sadness, and uncertainty of our time.

FARMERS MARKET COUPONS
In preparing this newsletter at the end of May, we do not yet have specific information regarding when coupons will be available and how they will be distributed. Criteria includes: Framingham resident 60+, receive SNAP, Fuel Assistance, SSI, Mass Health/Medicaid benefits or meet Federal Poverty Guidelines. ONE COUPON PER HOUSEHOLD. For questions, please call Lisa at 508-532-5980, ext. 4108 and leave your full name and phone number.

NEW: MEDICAL EQUIPMENT UPDATE
At the time of this printing, the Callahan Center is not accepting or loaning out equipment due to the Coronavirus. Please call the Center as these restrictions may change. In the meantime, we encourage you to consider connecting with MetroWest M.A.S.O.N for your Durable Medical Equipment needs as provided below:

METROWEST M.A.S.O.N MEDICAL EQUIPMENT PROGRAM
If you are in need of Durable Medical Equipment, please contact MetroWest M.A.S.O.N in Framingham.

REQUIREMENTS: A need for equipment and a willingness to promptly return the equipment when no longer needed. (You do not have to be a Mason to borrow equipment)

FREE OF CHARGE: Equipment is loaned free of charge; donations are voluntary

RESTRICTIONS: This equipment is for home use only; it may not be used in nursing homes or rehabilitation facilities. Equipment may not be transferred to another person until the equipment is returned to M.A.S.O.N and is duly recorded by M.A.S.O.N volunteers as being transferred to another party.

TO BORROW OR DONATE EQUIPMENT:
Call 508-782-4301 or email: info@mason-metrowest.org

TRANSPORTATION ASSISTANCE IS AVAILABLE
Information is subject to change. If you are a Framingham resident over the age of 60, our Social Services Department may be able to arrange transportation options for you to/from medical appointments and local shopping trips. Three-day notice required. For more information, please email Sam Swisher at sps@framinghamma.gov or call 508-532-5980, ext. 4113 and leave a message.

SHINE CAN HELP!
The SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program offers free, confidential counseling on all aspects of health insurance to anyone on Medicare. While in-person appointments are not being scheduled, help is available by phone. Call 1-800-243-4636 and press 4. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back, as soon as possible.

SCAM ALERT:
Never give your Medicare number, your Social Security number, your bank account information, your credit card numbers or any other personal information to someone you do not know and trust.
FRIENDS BOARD MEMBERS
President ......................Mark Goldman
Vice President...............Patrick Dunne
Treasurer......................Geri Weinstein
Rec. Secretary...............Linda Levitt
Sunshine Lady..............Mary Megill
Members: Roger Appell, Karin Beth, Cece Binette, Jim DeSimone, Joan LeBlanc, Chris Lorant, Kathy Mello, Bea Mooar, JoAnn Morse, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

FRIENDS BOARD MEETING
July 7 at 2 p.m.

TUNE INTO local cable to watch Frank and Mary in Framingham, a monthly show about topics of interest to seniors. Show airs at 9 a.m. on Tuesday, Thursday and Saturday on Access Framingham TV or any time online at www.accessfram.tv or frankandmaryframingham.com

THE SUNSHINE LADY’S CORNER
We’re continuing to reach out by mail to those in need.
The Friends would like to reach out to all our members in time of need. The Sunshine Lady can help brighten their day and/or offer condolences. Do you know of any members who are ill, hospitalized, recovering from surgery, or in rehab? Has any Friends member or a family member passed on? Please call the front desk at 508-532-5980 and leave a message. Your request will be forwarded to the Sunshine Lady who continues to mail cards on behalf of the Friends of Callahan.

HAPPY INDEPENDENCE DAY!
HERE ARE SOME WAYS TO CELEBRATE ON THE 4TH

ENJOY THE BOSTON POPS JULY 4th CONCERT
This July 4, the Boston Pops will present A Boston Pops Salute to Our Heroes to pay tribute to the COVID19 frontline workers and honor those who have lost their lives during the current health crisis, while also celebrating our diverse nation’s founding values of liberty and justice for all. With public gatherings now banned, A Boston Pops Salute to Our Heroes will be available only on television, radio, and digital media; no live performance will take place.

The concert will feature newly created content from the Boston Pops and guest artists, traditional Fourth of July favorites, and other highlights from recent broadcasts of The Boston Pops Fireworks Spectacular. A Boston Pops Salute to Our Heroes will air on Boston’s WHDH-TV, Bloomberg Television, and Bloomberg Radio on Saturday, July 4, starting at 8 p.m. ET.

TAKE A VIRTUAL TOUR OF THE STATUE OF LIBERTY
Visit: https://www.nps.gov/stli/learn/photosmultimedia/virtualtour.htm or “Google” it. This impressive virtual tour was created using 360° panoramic photographs taken by staff of Heritage Documentation Programs, a division of the National Park Service. The interactive experience is a combination of high-resolution spherical images, as well as historical information and images taken in the same areas decades ago. There’s no need to climb the stairs to capture breathtaking views from inside Statue of Liberty crown.

SAVOR YOUR SUMMER FAVORITES
July 4th is all about the food. Have a picnic lunch, barbecue in your backyard, or make some hotdogs or hamburgers. Try a new recipe using something red, white or blue. Or enjoy a tasty, easy treat of strawberries, blueberries and whipped cream to celebrate the theme of the day.

HERE’S HOW TO MAKE A S’MORE IN THE MICROWAVE
From Food.com: https://www.food.com/recipe/smores-microwave-55045
Ingredients for one s’more:
• 2 graham cracker squares  • 1/2 plain chocolate bar  • 1 large marshmallow
Place one cracker square on a paper towel. Top with chocolate and marshmallow. Microwave on high 15 seconds or until marshmallow puffs. Remove from the microwave and cover with other cracker. YUM!

WATCH A PATRIOTIC MOVIE
Gather some snacks and check your TV line up for patriotic movies airing in the month of July.
FREE SUMMER VACATION FUN

Travel to Florida without enduring the heat and humidity. Visit: https://www.visitflorida.com/en-us/virtual-florida-vacations.html Take in an underwater video of manatees, grab your coffee and watch the sunrise at Fort Pierce beach, or ride along on a kayaking trip in Rainbow Springs State Park.


Take in a show. Every year, Cirque du Soleil sets up camp in Vancouver, so why should this year be any different? You can now stream two, free 60-minute performances from your couch. Visit: https://www.cirquedusoleil.com/cirqueconnect#hubcontent

For Downton Abbey Fans, watch this video to learn more about the residents of the Newport Mansions who were the American counterparts of the English elites depicted in Downton Abbey. Find out how and why they lived so extravagantly: https://www.newportmansions.org/about-us/videos

Explore the Virtual Tours of Chihuly Glass. Since the late 1960s, American artist Dale Chihuly has been working in the art and craft of glassblowing. His pieces portray dynamic, flamboyant and color-saturated forms that push the limits of the material. See: https://www.chihuly.com/videos

STAY FIT

(Reminder: Please only undertake physical activities that are safe for YOU to do.)
Take a walk in your neighborhood, put on some music and march in place, or check out these websites with a range of exercise videos for older adults:

Shake up your routine. AARP has 65 different fitness videos available online: http://videos.aarp.org/category/videos/fitness

Shillman House in Framingham is offering a 30-minute Seated Stretch and Meditation on YouTube. Get your body moving with 2Life’s Fitness Instructor Danielle: https://www.youtube.com/watch?v=x58thxKuzY&t=26s

Or check out some of these fitness options:
Let’s Move with Balance: 30-Minute Chair Exercise class: https://youtu.be/IqyeVeRHGQ
Focus on Arms: https://youtu.be/TfAxVnFtJUk
Seated Exercises from Dartmouth Hitchcock Health Care: https://www.youtube.com/ watch?v=BBcPHWGQO44
Standing Exercises from Dartmouth Hitchcock Health Care: https://www.youtube.com/ watch?v=mQLzNf8VO1c

LEARN SOMETHING NEW

Now is your chance to take a class at Harvard...for free.

Choose from courses in the sciences, humanities, social sciences, arts and more. Course length varies. You won’t even have to worry about finding a “pahking place in Havahd Yahd”: https://online-learning.harvard.edu/catalog/free

Or if Harvard’s not your thing, check out free courses at rival Yale: https://www.classcentral.com/university/yale

FILL YOUR HOME WITH MUSIC

Listen to the radio, play a favorite CD, or tune into some of these virtual offerings:

Boston Symphony Orchestra has launched BSO at Home featuring a collection of wonderful BSO performances: https://www.bso.org/brands/bso/at-home.aspx

Do you prefer the Boston Pops? Check out Boston Pops at Home for performances online: https://www.bso.org/brands/pops/features/at-home.aspx

The Chamber Music Society of Lincoln Center has posted hundreds of archived videos and livestreams in their Watch & Listen library: https://www.chambermusicsociety.org/watch-and-listen/

NPR Music offers a list of live audio and video streams from around the world. List is updated daily: https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown. It covers a wide variety of musical genres. Some will require registration or a subscription, but most will be free.

WHILE THE CALLAHAN CENTER IS CLOSED, EXPLORE SOME NEW WAYS TO STAY ACTIVE IN JULY

There’s even something for Downton Abbey fans! In the event our time apart continues, we wanted to share a few ideas to try from home. While most will require a smartphone, tablet or computer, we also have included some that do not. This article was based on a variety of online resources.
Good Bank. Good Neighbor.

MutualOne Bank has a proud history of “doing good.” Whether providing grants through the MutualOne Charitable Foundation, contributions to fund local programs or events, or sending employee volunteers to help make a difference, MutualOne is proud to be a good bank – and good neighbor.

Framingham 828 Concord Street • One Lincoln Street
Natick 49 Main Street • 508.820.4400

Now Accepting Applications!

Our beautiful communities have quality options to make you feel at home with features that include 24-hour emergency maintenance, professional on-site management, laundry care suites, resident service programs & activities, nearby public transportation, shopping, restaurants, medical facilities and so much more.

Framingham Green
136 Maynard Road, Framingham
508.872.0500
Heat and hot water included
Grand community gathering space
Scenic, landscaped setting with gazebo
On-site parking
Pet-friendly

Irving Square
75 Irving Street, Framingham
508.875.4400
Heat and hot water included
Open and airy living spaces
Vibrant community lounge retreat
Private, enclosed park area
Pet-friendly

We Put The “Home” In Housing!
TIPS ON THE PROPER USE OF MASKS AND FACE COVERINGS
Adapted from: https://www.mass.gov/news/wear-a-mask-in-public

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

• A face covering can include anything that covers your nose and mouth, including dust masks, scarves and bandanas.
• Do not use health care worker masks, such as the N95 masks – those should be preserved for healthcare workers.
• It is important that you wear face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others, for example in a pharmacy or grocery store.

When you wear a cloth mask, it should:
• Fit snugly but comfortably against the side of the face
• Be secured with ties or ear loops
• Include multiple layers of fabric
• Allow for breathing without restriction
• Be able to be laundered and machine dried without damage or change to shape

When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.

Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

In addition to wearing a cloth mask you should continue to practice proven methods to protect yourself:
• Practice social distancing at all times by remaining 6 feet away from others when you have to leave your home for essential trips.
• Stay home if you are sick and avoid close contact with others.
• Wash your hands often with soap and water for at least 20 seconds; or use alcohol-based hand gel with at least 60% alcohol if soap and water are not available.
  • Avoid touching your eyes, nose and mouth.
  • Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
  • Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

Stop the Spread of Germs
For more, visit: www.mass.gov/CoverYourFace
COVID-19 CONTACT TRACING PLEASE, COOPERATE WITH LEGITIMATE CONTACT TRACERS, BUT BEWARE OF SCAMS

You’ve probably been hearing a lot about contact tracing. It’s the process of identifying people who have come in contact with someone who has tested positive for COVID-19, instructing them to quarantine and monitoring their symptoms daily.

Contact tracers are usually hired by a state’s department of public health. They work with an infected person to get the names and phone numbers of everyone that infected person came in close contact with while possibly infectious. Those names and phone numbers are often kept in an online system. People who had contact with someone infected with COVID-19 may first get a text message from the health department, telling them they’ll get a call from a specific number. The tracer who calls will not ask for personal information, like a Social Security number. At the end of the call, some states ask if the contact would like to enroll in a text message program, which sends daily health and safety reminders until the 14-day quarantine ends. But tracers won’t ask you for money or information like your Social Security, bank account, or credit card number. Anyone who does ask these questions is a scammer. Hang up on them.

There’s no question, contact tracing plays a vital role in helping to stop the spread of COVID-19. But scammers, pretending to be contact tracers and taking advantage of how the process works, are also sending text messages. But theirs are spam text messages that ask you to click a link.

Check out the image above. Unlike a legitimate text message from a health department, which only wants to let you know they’ll be calling, this “scam” message includes a link to click. Don’t take the bait. Clicking on the link will download software onto your device, giving scammers access to your personal and financial information. Ignore and delete these scam messages.
FRIENDS OF CALLAHAN TRAVEL - A 55+ TRAVEL SERVICE

IMPORTANT UPDATE:
Due to the Coronavirus ALL travel for the Friends of Callahan is cancelled for 2020

For trips booked with travel providers, please call the appropriate company regarding cancellations.
Best of Times: 1-800-343-8999
Collette Vacations: 1-800-340-5158

We realize how disappointing this is and apologize for any inconvenience caused.

CALLAHAN MASK-A-PADE:
In May, Callahan staff distributed home-made masks to older adults in need. Masks were made by Callahan Sewers and others who donated them to the library. Thanks to Callahan staff members who participated in the drive-by event, from L to R: Diane Krueger, Randy Aylsworth, Ralph Dunlea, Dan Coletti, Mary Kenney, Carol Glover and Tricia Welsby (not pictured). Special thanks to Framingham Auxiliary Police Officer Jack Norman (on far right) and Marc Spigel, who assisted in scheduling Officer Norman’s assignment on that day.

ARE YOU IN NEED OF LEGAL SERVICES?
Statement regarding MetroWest Legal Services as of April 2020:

As a result of the Coronavirus, MetroWest Legal Service (MWLS) has implemented policies and protocols to protect staff and clients. MWLS staff has been working 100% remotely. If you are in need of legal services, please call 508-620-1830 or 1-800-696-1501 or complete the intake form available online at: https://mwlegal.org.

Calls will be answered between 10 a.m. and 1 p.m. on Monday, Wednesday, and Friday, and between 2 p.m. and 4 p.m. on Tuesdays and Thursdays. Please feel free to leave a message, which will be answered as soon as possible. (Legal Clinics held at the Callahan Center are on hold until the building reopens and based on the attorney’s availability to resume.)

INFORMATION REGARDING SOCIAL SECURITY:
Social Security Offices are closed to the public during the COVID-19 pandemic. Below are several options for conducting business with the Social Security Administration (SSA) from home:

Online: For a comprehensive menu of self-service options available online visit: https://www.ssa.gov/onlineservices/

For those without computer access: If you cannot utilize online services, the SSA can help with certain critical issues by phone and mail. The Framingham office can be reached at: 1-844-587-1390 (TTY: 1-800-325-0778). The mailing address is: Suite 101, One Clarks Hill, Framingham, MA 01702.

For automated assistance via phone: The SSA national toll-free number can provide access to automated telephone services at: 1-800-772-1213 (TTY: 1-800-325-0778). If you need to speak with an agent when calling this number, you may be on hold for 90 minutes or longer.

Note: Be aware that scammers are always on the prowl. Remember that SSA representatives will never threaten you or ask for any form of immediate payment.

YOU’RE INVITED!

We invite you to come and experience our affordable, independent, and assisted living options at the Orchard Hill at Sudbury. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
Come take a tour & enjoy lunch with us!

Orchard Hill Assisted Living
978-218-3010 | 761 Boston Post Rd. | Sudbury, MA 01776 | orchard-hill.com
### JULY 2020 CALENDAR

**PLEASE NOTE:**

The July issue of the Courier was submitted to the publisher at the end of May, at which time the Center was closed. Many programs listed on this calendar are pending the City/State’s decision to reopen Framingham’s facilities, however some are offered virtually at this time.

If we are closed, please call the front desk to register for Virtual Programs (on page 5) only.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>8:30-4 Pool Tables Open</td>
<td>6 Friends Board Meeting</td>
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<td>8:30-4 Table Tennis</td>
<td>7 4:30-6:30 SHINE, by appt.</td>
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<td>9-11 SHINE, by appt.</td>
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<td>9-4 Fitness Room $2</td>
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<td>9 Pinochle</td>
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<td>9:45 Strength Training/Cardio $3</td>
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<td>10-11:30 Sports Fanatics</td>
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<td>10-4 Mary Make Do</td>
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<td>11 Skip-Bo</td>
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<td>12-4 Duplicate Bridge</td>
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<td>12-3 Scrabble</td>
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<td>12:30 Tai Chi with Jon Woodward $3</td>
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<td>1-3 SHINE, by appt.</td>
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<td>1-4 Genealogy Group</td>
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<td>Cancelled: Chair Yoga</td>
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<td>1:30 Great American Writers, Presented by Dr. Larry Lowenthal (Registration required by 7/23)</td>
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If you've been single all your life, you’ve had a lot of time to worry about protecting yourself and your assets while you are alive and making sure they go to the right people after you die. Occasionally, though, that plan needs updating as your situation changes, or as your worries do. For example:

- Do you have fewer assets than you once did? If so, your need to structure things to avoid estate taxation later may no longer be relevant.
- As you get older, are you worried about the impact on your assets if you need nursing home care? If you want to protect those assets from having to be spent down if you need to qualify for MassHealth, you will need to protect them five years ahead of time.
- Is the person you named to take care of things for you if you get sick (through a health care proxy or durable power of attorney) or died (through a will or trust) now getting old too? It is time to make sure you have named a replacement in case your old friend or relative can't handle it.
- Are the people you want to give things to getting old themselves? You may want to specify that what you give them will instead be held in trust for them, so that those assets will not get counted against them and have to be spent down if they need to qualify for MassHealth.

If, on the other hand, you recently became single because you just got divorced or (more likely for my clients) because your spouse died, your estate plan probably needs to change drastically, for a number of reasons:

- While you were both alive, you probably owned most things jointly, so that if one died, the other became the sole owner, without the necessity for probate or other legal entanglements. Once you are single, you need to rethink all this. If you want assets to pass to people when you die, while avoiding the time and cost of the probate process, you need to either give them the interest in the property now (an outright gift, a joint interest in bank accounts, or a remainder interest in real estate, for example) or create a trust. You can name yourself as trustee while you are alive, but you need to name someone else as successor trustee for after you die or become incompetent and to divide up the assets after you are gone.
- If your spouse was the only person you named to take care of legal things for you (through your durable power of attorney) or to make medical decisions for you (through your health care proxy), you need to name a replacement.

For more information, please feel free to contact me at 508-860-1470 or abergeron@mirickoconnell.com. I will also focus on this issue in my July virtual seminar, which will be aired on local cable stations. You can also find the seminar on Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary. Frank and Mary’s YouTube channel may be a helpful resource during COVID-19, as my co-hosts and I address many common issues facing seniors and the resources available during the pandemic through weekly virtual local cable TV shows.
Game answers for this issue will be published in next months issue.

**BRAIN GAMES**

**Sudoku**

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

```
+---+---+---+
| 5 | 1 | 7 |
| 9 | 3 | 2 |
+---+---+---+
| 2 | 5 | 3 |
| 8 | 4 | 9 |
+---+---+---+
| 5 | 2 | 1 |
```

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**CROSSWORD PUZZLE**

```
ACROSS
1 Canal bank
5 Raw (Fr.)
8 Afrikans
12 Occupational Safety and Health Admin. (abbr.)
13 Ger. physicist
14 Dawn love song
15 Sample
17 Dressed
18 Anecdotes
19 Pointed missile
21 Verb-forming (suit.)
22 Exclamation
23 Hindu god of love
25 Clay mineral
29 Egypt. king
32 Academy (abbr.)
33 Corrode
35 Scientific name (suit.)
36 Remnant
38 Neptune’s channel
40 Spear
42 Dutch commune
43 Two-year-old sheep
45 Cob
47 Drone
50 Wings
52 Form into a chain
54 Proceed
55 Rom. first day of the month
56 Son of Ruth
57 Eur. canal
58 “Fables in Slang” author
59 “Nostrum” (Mediterranean)

DOWN
1 Beer like Arab drink
2 Television
3 S.A. ostrich
4 Son of (Scot.)
5 Fruit dish
6 Former Korean president
7 Aboriginal island
8 Tactical Air Command
9 Pact
10 Down with (Fr., 2 words)
11 Dip
16 Yahi tribe
20 Pound down
22 Species
24 Civil War commander
25 Noise (pref.)
26 Exclamation
27 Euchre (2 words)
28 Sap
30 Poetic contraction
31 Hindu essence of being
34 Bridge part
37 Burmese knife
39 Idea (Fr.)
41 Glass-tamace mouth
43 Nail
44 “The Time Machine” people
46 Thunderlsh
47 Polish rum cake
48 Utterus (pref.)
49 Aryan
51 Moray
53 Name (Fr.)

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```

**Answer to Previous Sudoku**

```
1 8 7 6 5 4 2 3 9
2 5 1 3 7 4 6 8
3 4 9 2 8 1 5 7
6 9 1 8 7 2 5 4 3
5 7 3 6 9 8 1 2
8 3 2 4 1 5 7 9 6
7 6 9 2 4 1 3 8 5
4 5 3 7 8 6 9 2 1
2 1 8 5 9 3 6 7 4
```

**Alzheimer’s Community Caregivers Support Group**

Caring for a family member with Alzheimer’s disease need not prevent you from taking care of yourself or your family. Ease the stress through community support.

3:00 p.m. • 2nd Tuesday of Every Month

FOR MORE INFORMATION, CONTACT: (508) 879-8000
Joan Murphy, LICSW • jmurphy@stpatricksmanor.org
Claire Henry, M.Ed, CDP • chenery@stpatricksmanor.org

We understand that when you are faced with a loved one exhibiting symptoms of Alzheimer’s disease or a related dementia, it can be a confusing and troubling time in your life. We will help you understand the disease and gain a knowledge about the best methods of care for your loved one.

People afflicted with cognitive impairments require additional care to keep their emotional and physical functioning strong and healthy.

Our specialized professionals connect to deliver consistent, stable care while creating an environment of warmth and understanding.

St. Patrick’s Manor
863 Central Street
Framingham, MA 1701

www.stpatricksmanor.org
What’s really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. They know my parents, they know what they like, and they make them feel right at home.

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!

- Gloria C. // resident daughter

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com