

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 7, JULY 2020



WELCOME NEW READERS: COMPLIMENTARY ISSUE

If you are not currently a member of the Worcester Friends Group and received this Complimentary magazine, please ENJOY!

If you would like to receive a copy of this publication each month, please use the form on page 14 to join the Friends or call 508-799-1232 ext. 48020

Dear Readers,

As I write this letter I find myself thinking about the Music Therapy video created for our "Stay Connected" series which includes Cara Brindisi's sweet renditions of:

Que Sera Sera- Whatever Will Be, Will Be;
The Answer My Friend, Is Blowing in the Wind;
and, Let It Be.

The messages in these song titles and their easy melodies, help me push my anxiety aside during these months of uncertainty, waiting for the pandemic to fade away.

We are all challenged and we are rising to the challenges in our own ways....finding opportunities to connect, create, and care for ourselves and others. I am very proud to be part of the Worcester Senior Center community. Having celebrated the 20th anniversary of the opening of our building's doors, now more than ever, we extend our reach way beyond our walls.

From a friendly phone call, to helping someone put food on their table; from sewing and distributing masks, to teaching the importance of wearing them; from shouting hello to our neighbors from afar, to using technology and talent to create and enjoy senior programming.....

THE WORCESTER SENIOR CENTER COMMUNITY STAYS CONNECTED!

It is May as I write this, and will be July when you read this. Wherever we are, we are linked to each other as we all make the very best of summer 2020.

Be well,

Amy

Amy Waters, Director

Safe, Comfortable, Affordable Senior Living

A Higher Level of Care Than Assisted Living... More Affordable Than a Nursing Home.

Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
- Complete medication management
- 24 hour RN and Medical Director
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- Activity program 7 days a week
- Your loved one can stay even if your money runs out!

Adult Day Club

- Engage the mind, strengthen the body and brighten the spirit
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Dodge Park

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101 Randolph Road, Worcester, MA
DodgePark.com • 508-853-8180

GUIDANCE FOR CLEANING & DISINFECTING

PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES



SCAN HERE FOR MORE INFORMATION

Follow guidance from state, tribal, local, and territorial authorities.

1 DEVELOP YOUR PLAN

DETERMINE WHAT NEEDS TO BE CLEANED.

Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED. Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED. Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

2 IMPLEMENT

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT. Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL. The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3 MAINTAIN AND REVISE

CONTINUE ROUTINE CLEANING AND DISINFECTION. Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

MAINTAIN SAFE PRACTICES such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE. Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.



Is the area indoors?



YES

It is an indoor area.

NO

Maintain existing cleaning practices.

Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

Has the area been occupied within the last 7 days?

YES

Yes, the area has been occupied within the last 7 days.

NO

The area has been unoccupied within the last 7 days. The area will need only routine cleaning.



Is it a frequently touched surface or object?



YES

Yes, it is a frequently touched surface or object.

NO

Thoroughly clean these materials. Consider setting a schedule for routine cleaning and disinfection, as appropriate.

What type of material is the surface or object?

Hard and non-porous materials like glass, metal, or plastic.

Visibly dirty surfaces should be cleaned prior to disinfection.

Consult EPA's list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

Soft and porous materials like carpet, rugs, or material in seating areas.

Thoroughly clean or launder materials.

Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.



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Advertisements in this newsletter do not constitute an endorsement by the Worcester Senior Center or Division of Elder Affairs.

The Worcester Senior Center welcomes speakers on a variety of topics. This does not constitute an endorsement. Participants are encouraged to consider a variety of resources when making decisions about their health and welfare.

The City of Worcester does not discriminate in its programs & activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, race, religion, sex, sexual orientation, or veteran status, as applicable. The Division of Elder Affairs/Worcester Senior Center will provide auxiliary aids & services, written materials in alternative formats & reasonable modifications in policies & procedures to persons with disabilities upon advance request to: Operations Director 508-799-1232 xt.48012 or ADA Coordinator disabilities@worcesterma.gov.

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232**

FAX: 508-799-1743

WEBSITE: **www.worcesterma.gov/senior-center**

You can access this newsletter by clicking on "Senior Scoop"

HOURS: Monday - Friday 9:00 am-4:30 pm



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CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

This Division is supported by the City of Worcester, The Massachusetts Executive Office of Elder Affairs, Grants and Private Donations.



Hello Everyone,

As we once again go to print (in May) the Senior Center remains closed to the public so we are offering another special edition for your enjoyment as well as helpful information on various resources and services. Enjoy these helpful tips, but know that you can call the WSC main number at 508-799-1232 for any assistance.

While the senior center is closed, our program coordinator, Suki Lapin, has been working very hard to provide you with timely entertainment and exercises from our well known instructors.

Continue to enjoy our programming from your living room: programming to be aired on the WORCESTER SENIOR CENTER stay connected channel 192, Government channel, (Worcester residents only) others can view these programs on the WSC Facebook page WSC website and youtube.

We miss you and hope to see you soon. Stay Safe, Stay Well and Stay Connected

Sincerely,

Patty Hainsworth

Patty Hainsworth, Editor,
Worcester Senior Center SCOOP

HEROES AMONG US

The City of
WORCESTER



HEROES AMONG US

JUDY WARREN
JESSICA JACQUES
SHON FOLEY (PICTURED LEFT)
REBECCA LENDVAY

CABLE SERVICES

WORCESTERMA.GOV/CORONAVIRUS | (508) 799-1019



The City of
WORCESTER



HEROES AMONG US

MARY OROSZKO

ASSISTANT CHIEF OF STAFF
OFFICE OF MAYOR JOSEPH M. PETTY

WORCESTERMA.GOV/CORONAVIRUS | (508) 799-1019

The City of
WORCESTER



HEROES AMONG US

PHIL MADAIO
DEE DELIVELY
FRANK CARROLL
DR. MCAULIFFE
SEAN LOVELY
VIN PERRONE
BILL MOORE

PHOTO CREDIT: TELEGRAM & GAZETTE, MASSLIVE, SPIRIT OF CHANGE MAGAZINE

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SAME CARING TRADITION, *A Whole New Level of Care*
5 STAR MEDICARE RATING. RENOVATIONS COMPLETE.

At Lutheran Rehabilitation and Skilled Care Center, caring for area seniors is more than a tradition – it's our commitment to the community. Now offering a premier elder care continuum:

- Luxury Senior Living Accommodations of The Lillie Mansion
- Center for Short-term Rehabilitation
- Traditional Long-term Care
- New Rehab Therapy Gym with Model Apartment now with Outpatient Rehab Services
- 5 Star Medicare overall rating
- On-site management by owners directly involved in daily operations
- Resident Service Liaison providing concierge services and customer service check-ins



26 Harvard Street
Worcester, MA 01609
508-754-8877
www.lutheranrehab.com

CALL US TODAY TO SCHEDULE A TOUR.

PROGRAMMING TO BE AIRED ON THE WSC STAY CONNECTED CHANNEL 192, GOVT, CHANNEL, (WORCESTER RESIDENTS ONLY) OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE AND YOUTUBE.

MEMORY LANE SHOWS

Grab some popcorn and enjoy MEMORY LANE

SHOWS, a combination of music, reminiscence, and cinema therapy—an interactive multimedia show described as "nostalgia on steroids", the best of best of the pop culture in any particular year. Rare, live performances of the original artists singing the top songs of the year, the most memorable scenes from the highest grossing films, and the funniest scenes from the most popular TV shows. Includes performers such as Sinatra and Elvis, & Bob Hope!!



WORCESTER SENIOR CENTER'S SUMMER CONCERT SERIES BROUGHT TO YOU BY:



WSC SUMMER CONCERT SERIES GOES VIRTUAL

Worcester's Own Premier Foot Stompin' Butt Shakin' and Toe Tappin' Country Band Stomp N' Holler performs old and new country favorites... you're likely to hear some of your favorite tunes by Johnny Cash, Willie Nelson and Garth Brooks to Miranda Lambert, Little Big Town, Chris Stapleton and Kenny Chesney!

FOOT STOMPING! FEEL-GOOD MUSIC FOR THE MASSES!

The band has been featured at festivals and bars throughout New England since 2015!



JULY WSC DISTINGUISHED SPEAKER SERIES CONTINUES....

Juan Matos and Amina Mohammed, City of Worcester Poet and Youth Poet Laureates read their works.



A program by CareCourier, a nonprofit community initiative that aims to send virtual care and comfort to senior citizens by harnessing the inner creativity and talent of our youth, to produce unique and meaningful projects for seniors to enjoy.

Following the poetry program, enjoy musical talent Chloe Belsito.

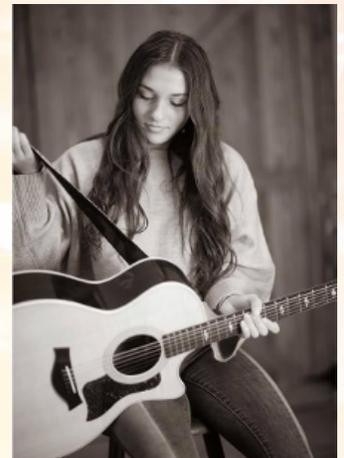


SINGER/SONGWRITER CHLOE BELSITO

Summer Concert Series continues....

Sutton based singer/songwriter Chloe Belsito's 16 years have already been filled with great experiences... featured on the Today Show, and a Worcester Music Award Nominee for the Best Female Vocalist, Chloe performs her mix of well-crafted originals and classic favorite songs throughout Central Mass!

An amazing local talent and powerhouse, Chloe writes her lyrics, composes her music and sings her original songs. You don't want to miss her Performance!



WILD ABOUT WILDLIFE IN JULY!

Many of the animals living on the EcoTarium grounds are not releasable due to illness, injuries, human socialization or other issues. All animals are housed in enclosures that have been specially designed to meet the natural needs of the species as well as to accommodate any physical limitations of the individual animal. All animal residents receive regular check-ups from their vets and daily interaction with their caretakers. With a goal to spark a deeper understanding to our environment and ecosystems, EcoTarium wildlife staff and museum educators lead experiences and programs with many of the resident wildlife on a daily basis. Visit ecotarium.org to learn about our friendly neighborhood residents.



**Nicole Beer, Animal Care Attendant,
Worcester Animal Rescue League**



Learn about the Worcester Animal Rescue Leagues pet food pantry that provides pet food and supplies to existing social services organizations in the community. Meet Krisitn Mullins, Executive Director, who in March 2020 started providing many local seniors with pet food and supplies. Seniors were the first group she targeted outreach to given the additional risk COVID 19 presented to this population. Through our food pantry partnership with the Worcester Senior Center and St. Paul's Elder Outreach, pet food and supplies are distributed to hundreds of Seniors in need.

Should any senior need support with their pet, we encourage them to contact the Worcester Animal Rescue League at 508-853-0030.

As part of our Senior for Senior Adoption Program, WARL is delighted to offer a waived adoption fee for older pets (over 10-years-old) to a senior citizen. In most shelters, older animals are usually overlooked by people searching for a younger pet. The haste to walk by an older animal is a senior's gain because older pets have so much to offer.

BRIARWOOD
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508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606
www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

View These Programs on Channel 192 the Government Channel (Worcester residents only) or on Worcester Senior Center Facebook page

WORCESTER PUBLIC LIBRARY AVAILABLE SERVICES INCLUDE:

Books: E-books & audiobooks are available through Overdrive, Hoopla, & the Libby app.

Movies: Kanopy is a streaming service that lets those with a WPL card watch 4 movies per month. Full listing of the WPL virtual services available: <https://mywpl.org/?q=article/virtual-services-adults>

The WPL offers curbside service. Holds placed on items owned by Worcester Public Library, Frances Perkins Branch, Great Brook Valley, and the Library Express mobile library collections will be filled. At this time, any holds owned by other libraries, will be filled when the libraries reopen. To place a hold, log into your account (tutorial video below), call Telephone Information Service at 508-799-1655, ext 3, through live chat with a librarian at <https://www.mywpl.org/article/ask-librarian> or email reference service <https://mywpl.org/ask-reference-question>. limit of 20 holds, 10 holds only with librarian assist. Once holds are placed, you will receive a call within 3 business days to schedule a day & time for pick up.

WPL FAQ page for curbside pickup - <https://mywpl.org/?q=article/curbside-pickup>

To place hold on your account- <https://www.youtube.com/watch?v=DzbsRSTG0cY>

FOR THOSE INTERESTED CHECK OUT THE BOOK DISCUSSION'S SELECTION FOR JULY: The *Family Upstairs* by Lisa Jewell. **In August**, we are reading *Talking to Strangers* by Malcolm Gladwell.

Virtual Cooking and Nutrition Classes at Worcester Public Library <https://www.mywpl.org/?q=article/adult-classes-and-programs#food>

SHINE: Serving the Health Information Needs of Everyone. The SHINE Program provides Health Insurance Counseling. (Spanish and Vietnamese interpretation available)

MEDICARE SPECIAL ENROLLMENT PERIODS FOR PARTS B, C & D DUE TO COVID19

As a result of the current COVID 19 Emergency Medicare has announced a Special Enrollment Period for folks that had difficulty enrolling in Medicare Part B, C or D. This enrollment period is as follows: Medicare Part B the Special Enrollment, called Equitable Relief is for four months starting March 17th and ending on June 17th. The Medicare Part C & D Special Enrollment Period is for four months starting on March 1st and ending on June 30th. If you feel you are entitled to one of these Special Enrollments call SHINE to speak with a counselor. **For more info. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once**

you get the SHINE answering machine, leave your name and number. A volunteer will call you back. Visit us on the internet at shinema.org. SHINE call: 508-799-1232 and leave a message with any questions.

SUPPORT SERVICES: Advocacy, information services and application assistance: call 508-799-1232 and leave a message.

CAREGIVER SUPPORT GROUP Monday, July 20, 1-2 pm Via Zoom
Contact facilitator, Heather Dobbert, LCSW, of Fallon Health & Alzheimer's Assoc. trained group facilitator for more information by calling 774-317-6266 or email @ heather.dobbert@fallonHealth.org

EISENBERG ASSISTED LIVING RESIDENCE SENDS WELL WISHES TO WORCESTER SENIORS FOLLOWED BY A SUMMER CONCERT!

Congratulations to the Worcester Senior Center for their 20th Anniversary!! Eisenberg Assisted Living Residence is proud to give a shout out sending love & strength from our residents, employees and families to the Worcester Senior Center and all of the Seniors in Worcester!!

Our residents are enjoying the excellent programming! Eisenberg Assisted Living is honored to add to this great content. David Price, Executive Director and his wife Sylvia will entertain you with songs for a memorable time. These loveable, sing-along classics will instantly put you in a great mood. This performance will include pictures that recognize the sacrifices, dedication, love and courage that have guided us through these trying times.

We need not wait for the light at the end of the tunnel; together we make the light while we are in this tunnel!



JEWISH HEALTHCARE CENTER
JHC HomeCare | JHC PrivateCare | JHC Hospice | JHC LifeCare | Eisenberg Assisted Living

The WILLOWS
PREMIER RETIREMENT COMMUNITIES FOR ACTIVE ADULTS

SALMON
HEALTH and RETIREMENT

101 Barry Road, Worcester, MA 01609 off Salisbury Street • (508) 755-0088

www.SalmonHealth.com

The Willows at Worcester is part of the SALMON Health and Retirement family that also includes The Willows at Westborough.

WALKING CLUB 2020**Hello Walking Club Participants!**

As I am writing this in May, We still do not know if we will be able to be walking together in July, but as I look out my window I see everything is green and blooming and I hear the birds singing and I know we will all be ok! Staying active during this time is so important and walking is one of the best ways to do just that! It's starting to warm up, so here are some tips to remember as you are walking outside during the warmer months. Remember to be safe and follow all the COVID-19 guidelines and send me some walking pics!! I would love to see you walking at your homes! If you can, take a picture and email it to me at linchj@worces-terma.gov. And until we can be together again...

**KEEP WALKING**

Jen

**ARE YOU PAYING TOO MUCH FOR PRESCRIPTION DRUGS?**

Prescription Advantage is the state-sponsored prescription drug assistance program for Massachusetts residents age 65 and older and people under age 65 with disabilities who meet income and employment guidelines Massachusetts.



Prescription Advantage can help lower your costs even if you have other prescription drug coverage. Call Prescription Advantage at: 1-800-243-4636 and press 3 for more information. Or visit our web-site at: www.prescriptionadvantagemma.org

Even during the COVID-19 crisis,

elder abuse is preventable - and everyone has a role to play. It is up to all of us to build strong supports for one another and prevent abuse before it happens. If you suspect elder abuse, financial exploitation or neglect please call the Massachusetts Elder Abuse Hotline at 1-800-922-2275. Together we can build strong supports for elders.

**THE MEMORY CAFE HAS GONE VIRTUAL**

Call Deb Dowd Foley Caregiver Specialist at ESWA 508-756-1545 for more information on our July Zoom Memory Café!

**WSC STAY CONNECTED**

WORCESTER SENIOR CENTER VIRTUAL HEALTH & WELLNESS PROGRAMMING TO BE AIRED ON WSC STAY CONNECTED CHANNEL 192, GOVT. CHANNEL, (WORCESTER RESIDENTS ONLY) OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE and YOUTUBE

MASTER DANSERAU TAI CHI

FERN LEE -Seated Chair Yoga with Fern & Standing poses using the chair for assist with Fern

AEROBICS & YOGA with NANCY CIMATO

EXERCISE CLASSES with RHONDA HAMER: CARDIO, MUSCULAR ENDURANCE & RANGE OF MOTION SEATED STRENGTH, CORE & STRETCH

NEW MINDFUL MEDITATION ROBERT HARRINGTON CCH will present guided meditation based on the book, *The Four Agreements*.

NEW JOE FISH FITNESS SENIOR CHALLENGE**MUSIC THERAPY WITH CARA BRINDISI****HEALTHY EATING with SINGING NURSE SHIRLEY MCAFEE**

Check out our new Tai Chi - Qi Gong exercise video demonstrated by Master John Dansereau. The session includes warm up with Qi Gong exercise, then the Tai Chi Chuan Yang form 24 step by step looking from the Master's back to make it easier for you to follow. Finally, Master Dansereau will finish off with the same 24 moves again looking at him from the front for you to see the hand movements. Take a deep breath, relax & enjoy!



FERN LEE - Seated Chair Yoga with Fern & Standing poses using the chair for assist



لقاء المجموعة العربية
ستتم الاجتماعات الشهرية كالتالي:
اول و ثالث ثلاثاء من كل شهر
من الساعة : 10:30 12:30
للاستفسار الرجاء الاتصال :
ورد
(774) 314-5756
Arabic Elder Group

LATINO CLUB 60+
Mondays & Fridays 9:30-11:30 am
Contact Jose Curet, Club 60+
Latino Elder Group Coordinator
508-799-1232 ext. 48007 for more
information about the program.

EL CLUB LATINO 60+
Los lunes y Viernes
Para más información, puede
comunicarse con Jose Curet, a
508-799-1232 ext. 48007.

CHINESE ELDER PROGRAM
EVERY FRIDAY:
9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class
Contact Wei Shi 508-799-1232 ext. 48014
shiw@Worcesterma.gov (Chinese)
or Yung Phan 508-799-1232 ext. 48006
PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目
上午九點：做操鍛煉與早茶
十點：ESL英語課
十一點半：午飯
下午十二點半：中文課（普通話）
與曹履成先生聯係（中文：電話：
508-799-1232 ext. 48014。
電子郵件：shiw@Worcesterma.gov
或與Yung Phan 聯係（英文）：
電話：508-799-1232 ext. 48006。
電子郵件：PhanD@Worcester.gov

VIETNAMESE ELDER PROGRAM

Chương trình Cao niên Việt Nam sinh hoạt hàng tuần vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:
- Thẻ dực Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họp mặt Cao niên với nhiều tin tức hay, mới, bổ ích
- Cơm trưa

Ngoài ra hàng tháng đều có An ninh Cộng đồng, Tư vấn Pháp lý, Cơm trưa Chay và nhiều sinh hoạt phong phú khác thích hợp với nhu cầu của người lớn tuổi. Có trợ giúp phương tiện vận chuyển.

Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi 508-799-1232 và xin đường dây phụ 48006. Email: PhanD@WorcesterMA.gov. The Vietnamese Elderly Program runs weekly from 9:00AM to 12:30PM. For more information, please contact Ms. Yung Phan at 508-799-1232 and dial 2 to speak in Vietnamese or call 508-799-1232 ext. 48006.

AUGUST UPCOMING EVENTS

The WSC Summer Concert Series brought to you by the Worcester Jazz Festival continues with...

The Wormtown Mugwumps "a joyous forgetfulness of the troubles of life" Worcester's #1 Home-Grown Jug Band performs old-timey, down home Folk, Country and Bluegrass... Led by legendary Worcester Folkie Donald Prange, the Mugwumps perform songs that your grandpappy used to sing and that your children still do. Americana at it's best!

Summer Concert - Carlos Odria Trio

CONTACT TRACING: Answer the call and stop the spread of COVID-19! Verify the MA COVID Team is calling, look for calls with area code 833 or 857 & your phone will say the call is from "MA COVID Team". Help stop the spread of the virus. The power is in your hands. **ANSWER THE CALL!**

2020 US CENSUS

It's quick, private and easy to complete online or over the phone.

Online: **my2020census.gov**

Over the Phone:

CENSUS BUREAU TOLL-FREE LANGUAGE LINES

English	844-330-2020
Español	844-468-2020
中文 (Mandarin)	844-391-2020
中文 (Cantonese)	844-398-2020
Tiếng Việt	844-461-2020
한국어	844-392-2020
Русский	844-417-2020
العربية	844-416-2020
Tagalog	844-478-2020
Polski	844-479-2020
Français	844-494-2020
Kreyòl Ayisy	844-477-2020
Português	844-474-2020
日本語	844-460-2020
English (Puerto Rico residents)	844-418-2020
Español (Residentes de Puerto Rico) ..	844-426-2020
Telephone Display Device (TDD)	844-476-2020

Remember to include everyone in your household -- kids, parents, roommates -- anyone living with you!



ENIGMA™
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "J" = "N"*

"NLXSSOHA LEEGQ LTGO NHTOJCQFTI,
WBQS LTGO X RELN LEEGQ LTGO X
CEZ."

— XBSFEH BJGJERJ

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E001





Enjoy these discounts from some of the eateries
in our Worcester area

EST. 1943

COMMITTED
to the
Craft
PIZZA

UNO
PIZZERIA & GRILL

Enjoy \$~~10.95~~

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Code: 2605

Not applicable towards alcohol, gift cards, Takeout Deals, Two for U Lunch, 1/2 price appetizers, or any other special offer or discount. One coupon per party. Valid at participating locations, not valid at UNO Fresco or Uno, Due, Go. Void where prohibited by law. Coupon is not transferable and not for resale. No cash value.

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Sat. 11:30AM-11PM, Sun. 11:30AM-9PM

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/20.



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability of staff 24-hours, and emergency call system in each apartment.



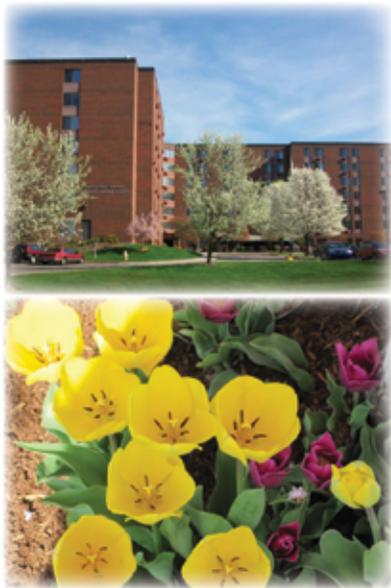
Homestead Hall provides personal care, medication management, and social programs in a residential homelike environment. All rooms are private with private en-suite half-baths. Set on over an acre of land in a secluded, private, residential setting in the heart of Worcester.

Please contact Tracey King at 508-868-0967 for a private tour and information regarding options and pricing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 * Diabetic Friendly ** Higher Sodium Entree	MENUS SUBJECT TO CHANGE. Meals on Wheels Menu. Our Caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability at this time.	Roast Pork Loin 1 Gravy Apple Cornbread Stuffing Roasted California Blend Veg Mixed Fruit Alternate: SOUP DU JOUR SLICED HAM	Chicken 2 BBQ Sauce Garlic Mashed Potatoes Summer Corn Yogurt Alternate: SOUP DU JOUR SLICED TURKEY	Holiday Observance 3 No Meals Served
Hot Dog on Bun 6 Baked Beans Green Beans Coleslaw Strawberries Mustard Alternate: SOUP DU JOUR CHICKEN SALAD	Greek Chicken 7 Steamed Rice Roasted Broccoli Tapioca Pudding Diet Tapioca Pudding Alternate: SOUP DU JOUR HAM SALAD	Meatloaf 8 Gravy Mashed Potatoes Chuckwagon Corn Peaches Alternate: SOUP DU JOUR SLICED ROAST BEEF	High Sodium Meal Turkey 9 Supreme Sauce Herbed Stuffing Peas Pineapple Alternate: SOUP DU JOUR TURKEY SALAD	Lemon Pepper Fish 10 Rice Pilaf Mixed Vegetables Mixed Fruit Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Teriyaki Beef 13 Steamed White Rice Broccoli Pineapple Fortune Cookie Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	American Chop Suey 14 California Blend Vegetables Bread Pudding Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Chicken Milano 15 Wild Rice Spinach Peaches Alternate: SOUP DU JOUR SLICED TURKEY	Salisbury Steak 16 Garlic Mashed Potatoes Herbed Carrots Mixed Fruit Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Potato Crunch Fish 17 Potatoes Au Gratin Mixed Vegetables Chocolate Mousse Tartar Sauce Alternate: SOUP DU JOUR CORNED BEEF
Marinated Pork Loin 20 Herbed Potatoes Carrots Applesauce Muffin Alternate: SOUP DU JOUR EGG SALAD	Meatballs 21 Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Alternate: SOUP DU JOUR TURKEY SALAD	Jambalaya 22 Rice Pilaf Green Peas Pineapple Alternate: SOUP DU JOUR N.Y. PASTRAMI	Macaroni & Cheese 23 Stewed Tomatoes Green Beans Fruited Ambrosia Alternate: SOUP DU JOUR HAM SALAD	Chicken Picatta 24 Wild Rice Roasted Broccoli Yogurt Alternate: SOUP DU JOUR SLICED ROAST BEEF
Lasagna & Meatballs 27 Green Beans Vanilla Pudding Diet Chocolate Pudding Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Fajitas 28 Spanish Rice Black Beans & Corn Sour Cream Pineapple Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Vegetable Cheese Bake 29 Seasoned Potatoes Mixed Vegetables Cookie Alternate: SOUP DU JOUR CORNED BEEF	Beef w/Onions & Peppers 30 Potato Wedges Honey Glazed Carrots Mixed Fruit Alternate: SOUP DU JOUR EGG SALAD	Fish w/Crumb Topping 31 Lemon Seasoned Rice Peas & Pearl Onions Mandarin Oranges Alternate: SOUP DU JOUR SLICED TURKEY

GREEN HILL TOWERS

Award Winning Affordable Senior Housing



- ◆ Spacious 1 & 2 bedroom Apartments
- ◆ Heat and hot water included
- ◆ 24 hour maintenance
- ◆ Bus route / ample parking
- ◆ Beautiful landscaped grounds with outdoor patio and gazebo
- ◆ Small pets welcome

- ◆ With in the building amenities including:
 - ◆ Handicap-accessible lounges on every floor
 - ◆ A library with books (English & Spanish)
 - ◆ Physical Fitness Center
 - ◆ A Game Room that includes a billiard table
 - ◆ A Theater-like Media Center
- ◆ Community Room with Bingo Board & Large Screen T.V.

Available occupancy to income eligible adults (age 62 and older or permanently disabled). Applicants must also meet HUD annual low income guidelines.



27 Mt Vernon Street, Worcester, MA 01605 | Phone: 508-755-6062 | TDD: 508-755-0228

Office Hours: Monday - Friday 8:30a.m. - 5p.m.

LOCAL RESOURCES

CITY OF WORCESTER COVID-19 information line: 508-799-1019
worcesterma.gov

SIGN UP FOR TEXT MESSAGE ALERTS: Send COVIDMA to 888-777

WORCESTER SENIOR CENTER

508-799-1232 • Advocacy and Outreach, Information and Referral including housing and public benefit assistance

ELDER SERVICES OF WORCESTER AREA, INC.: 508-756-1545
irinfo@eswa.org

Information & Referral Unit is available to field calls/emails regarding community resources.

ST. PAUL'S ELDER OUTREACH: 508-799-5009

Advocacy and Outreach

WORCESTER COMMUNITY ACTION COUNCIL: 508-754-1176

Fuel assistance

Appliance Management Program (AMP)

Heating Emergency Assistance Retrofit Task (HEARTWAP)

Weatherization Assistance Program (WAP)

DEPARTMENT OF TRANSITIONAL ASSISTANCE:

(Worcester Office) 508-767-3100

General information

Economic Assistance

SNAP

Employment Services

COMMUNITY LEGAL AID: 1-800-649-3718

Tenants' Rights during the Covid-19 Crisis

Covid-19 & Unemployment Insurance

Covid-19: Using the Family Courts

Rights in Small Claims Court during the Covid-19 Crisis

Consumer Alert: Avoiding Scams during the Covid-19 Crisis

Child Care Programs during the Covid-19 Crisis

Education Rights during Covid-19 in Massachusetts

MCPHS PHARMACY OUTREACH PROGRAM

Available to answer Your Medication Questions

Toll free 1-866-633-1617

STATE RESOURCES

GOVERNOR'S OFFICE: 1-617-725-4005

DISASTER DISTRESS HELPLINE: 1-800-985-5990

Available 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This a toll-free, multilingual, and confidential crisis support service.

SUICIDE PREVENTION HOTLINE: 1-800-273-8255

SUBSTANCE ABUSE/MENTAL HEALTH HELPLINE: 1-800-662-4357

CRISIS TEXT LINE: Text HELLO to 741741

MASSACHUSETTS 2-1-1: real-time COVID-19 information, resources, and referrals in multiple languages.

ASL HOTLINE FROM CSD (Communication Service for the Deaf)

833-682-7630 (video phone) has been established where residents can ask questions about COVID-19 and get support. www.csd.org is also available for information.

FOR NON-EMERGENCY QUESTIONS & HELP: Call 2-1-1

NURSING HOME FAMILY RESOURCE LINE:

617- 660-5399 The line is available seven days a week 9 am - 5 pm.

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES:

IN MASSACHUSETTS CALL SAFELINK:

877-785-2020 OR TTY AT 877-521-2601

NATIONAL DOMESTIC VIOLENCE HOTLINE 24/7 CRISIS HOTLINE:

800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE 24/7 CRISIS HOTLINE:

800-656-4673

YWCA DOMESTIC HOTLINE: 508-755-9030

SAFELINK DOMESTIC/DATING VIOLENCE: 1-877-785-2020



CHRISTOPHER HEIGHTS of Worcester
 AN ASSISTED LIVING COMMUNITY

Visit our website at www.christopherheights.com
 & take a virtual tour of our neighborhood.



- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & Housekeeping
- A full social calendar



No Worries Pricing - The Christopher Heights Difference!

Our doors are always open!

Call Marla O'Connor at 508-792-1456

Hear For Your Life

We offer comprehensive hearing care services including complete hearing evaluations, hearing loss rehabilitation, education and counseling.

- Hearing Aids
- Batteries & Accessories
- Assistive Listening Devices
- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musician's Earplugs
- Swim Plugs



Matthew Moreno, Au.D.
 Doctor of Audiology

HOLDEN HEARING AID CENTER, INC.

695 Main Street • Holden, MA 01520

Phone: 508-829-5566 • Fax: 508-829-5575

www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

PHONE APPS FOR GROCERY DELIVERIES

Download the following apps on your phone through Istore, Google Play, or your general App Store on phone for store deliveries:

INSTACART: You may shop from most grocery stores for a fee through the phone app. Expect deliveries within hours.

CVS: order your prescriptions and any items in store through the phone app for delivery within 1-2 days

PEAPOD DELIVERY: *NOT* operating through Stop and Shop at this time Expecting to operate again on May 4, 2020

PHONE APPS FOR RESTAURANT DELIVERIES

Some Restaurants offer free delivery, call the restaurant to check! Otherwise, try these apps to get a bite of your favorite restaurant foods delivered to your door. Many drivers travel to towns outside of Worcester also.

Download the following apps on your phone through Istore, Google Play, or your general App Store on phone for restaurant deliveries:

- 1) Grubhub
- 2) Doordash
- 3) UberEats
- 4) Postmates
- 5) Delivery.com

SAFETY TIPS & INFORMATION FOR GROCERY SHOPPING

1. Wear a mask at all times- this is now a requirement
2. Do your best to stretch out grocery trips- a trip every 2 weeks is recommended
3. Social distance at the stores! At least 6 feet away from others at every angle!
4. Use sanitizer before entering and when leaving store
5. Ask the store clerk/cashier to sanitize the belt at checkout before putting your items on it.
6. Try not to touch too many items unless you're buying them
7. Product returns and exchanges are not allowed at this time at most stores
8. If able, sanitize the items you've bought from the store with a cleaning product as well as clean any surface you put your groceries on.



GROCERY STORE HOURS: SENIORS/DISABLED/AT-RISK

ALDI: 8am-9am on Tuesdays & Thursdays

BIG Y: 7am-8am every day

MARKET 32: 6am-7am every day

MARKET BASKET: 6am-7am every day

PRICE CHOPPER: 6am-7am every day

PRICE RITE: 7am-8am every day

SHAW'S: 6-7am every day, 6-9am - Tues. & Thur.

STOP & SHOP: 6am-7:30am every day

TARGET: 8am-9am every day

TRADER JOE'S: 8-9am - Friday, 9-10am - Sat & Sun.

WALMART: 6am-7am every day

WHOLE FOODS: 8am-9am every day

* Shaws.com & stopandshop.com offer curbside pickup.

*Peapod is working at various locations. Check with the individual store to see if they are using PeaPod.

FOOD PANTRY INFORMATION

FRIENDLY HOUSE: 508-755-4362 | 36 Wall Street
Mon., Wed. 12 pm-4:30 pm; Fri. 9:30am-3:30pm

JEREMIAH'S INN: 508-755-6403 | 1059 Main Street
Food Pantry open Mon. 12pm-3:30pm, Tues.,Thurs., Fri. 9 am 2 pm
Must be from 01602, 01603, & 01610 - need picture ID.

SALVATION ARMY: 508-756-7191 | 640 Main St. Worcester
Unable to leave message-all lines full. Food Pantry Open M-F, hours vary.

ST. FRANCIS XAVIER CENTER: 508-756-7165
20 Temple Street, Worcester 01604
Breakfast and Lunch Mon-Fri 7 -11 am, Sat 8-10 am

CENTRO: 508-798-1900 | 11 Sycamore Street
Monday only 9-1 pm Need picture ID/proof of address.

QUINSIGAMOND VILLAGE CENTER: 508-755-7481
16 Greenwood Street
Mon., Thurs., 9:30am-12 pm; Fri. 9:30am-11am. Bring own bag.

MASSACHUSETTS VETERANS SHELTER: 800-482-2565
69 Grove Street
Usually the 3rd Thursday of each month, 10am-2pm.
For eligible veterans and their families only.

CENTRO - GREAT BROOK VALLEY PANTRY: 774-823-3722
176 Tacoma Street, Worcester 01605
Tuesdays only 8:30am-1 pm. Picture ID/proof of address.

FRIENDLY HOUSE PANTRY PLUMLEY VILLAGE: 508-755-3989
16 Laurel St, Worcester 01608. Tuesday 9am-4pm; Friday 12pm-4pm

THE MUSTARD SEED: 508-754-7098
93 Piedmont Street, Worcester 01609
Food Pantry - 3:30pm - limited amount of people.

PERNET FAMILY HEALTH SERVICE: 508-755-1228
237 Millbury Street Worcester, MA 01610. Emergency Food.
Mon. 1pm-3pm; Tue. & Wed. 11am-3pm for people who live in 01610.

Thinking about all the incredible people that worked throughout this pandemic. You know the mail person, the UPS driver, Amazon's delivery people, the butcher at the supermarket and the teen collecting all the carriages in the parking lot. Let's not forget the Cable and National Grid personnel in the offices and on the ladders set against telephone poles.



Most of all the healthcare workers that went in everyday exposing themselves to the virus while protecting you and yours. Kudos to the folks that worked 12-hour shifts and then had to spray their shoes and immediately washed their clothes after showering. My mind travels directly to the ambulance crews that knew the person they were transporting was POSITIVE.

RSVP is asking all of you, our volunteers to write one, two or more notes to thank them for their service. Once we're up and running we'll have the mechanics to drop off the thank you notes and their subsequent delivery to the right Hero. Please, take some time to pen a heartfelt message.

Be Safe—
Rita Sullivan
Special Projects Coordinator



RSVP is sponsored locally by Family Services of Central MA

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!



50+ Job Seekers Program is going statewide! Now that the program has been completely moved to a virtual platform, any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach.



Please Visit: www.50plusjobseekers.org

**ALICE MOORE, MEMBERSHIP COORDINATOR
HOPES YOU'LL JOIN THE FRIENDS!**

Name _____
 Phone _____
 Address _____
 City _____
 Zip _____

- \$15 I want to become a new member.
- \$15 Please renew my membership for another year.
- \$25 **Dual Membership (Ind./Spouse/Partner)**
- \$75 What a deal! Sign me up as a Lifetime Member.
- \$_____ Included is an additional contribution.

Checks may be dropped off or mailed to:
Friends of Worcester's Senior Center
 128 Providence St., Box 3
 Worcester, MA 01604-5413

The Senior Companion Program is not in full operation currently, due to COVID-19. The SCP volunteer's health is of the utmost important during this unprecedented time we all are experiencing right now.



The SCP will be operating at full capacity at some point, we just are not sure when. When we return, we will be following Governor Baker's COVID-19 guidelines. Please everyone stay safe and continue to wear your masks when out in public, to stop the spread of this virus. Most importantly, enjoy the summer months ahead!!

Please call Joy Rehfeld @ 508-791-7783

The Senior Companion Program is sponsored locally by Family Services of Central MA

CITY OF WORCESTER PUBLIC NOTICE



The Citizen Advisory Council is seeking volunteers to fill vacancies on various City Boards/Commissions.

Eligibility requirements:

- 1) registered voter;
- 2) resident in district for one year (except for Executive Boards);
- 3) not a City employee (except for Advisory Boards).

For more information and to download an application: www.worcesterma.gov/boards-commissions or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.

MISSION: The Friends of the Worcester's Senior Center (Friends) is a non-profit agency whose primary mission is to raise funds supplemental to the senior center by the city of Worcester through its annual budget appropriation.

FRIENDS is governed by an all-volunteer Board of Director's and led by a paid, part-time Executive staff. Funds generally are raised through a variety of special events, donor appeals/solicitation of individuals, businesses, corporations, agencies and grant writing.

FRIENDS sponsors and supports many social, educational and advocacy events that benefit the mental, physical and emotional health of seniors each year.

WHY JOIN FRIENDS OF WORCESTER'S SENIOR CENTER?

Here comes another appeal for money right? After all, coming to and participating in the events & programs is free, right? Absolutely! The answer is actually very simple: The city pays for the facility and personnel (which is great...your tax \$'s at work). But who helps pay for the over 400 scheduled activities and programs? That's right: It's the FRIENDS! We generate funds through raffles, trips, BINGO, annual appeal and through our Annual Membership program. If you decide to join FRIENDS, you will receive the following:

- Have THE SCOOP mailed directly to your home! This gives you ample time to review and plan activities that are right for you so you don't miss out.
- Advance information on what trips are being offered, so you aren't shut out on the ones you really wanted to go on.
- Feeling good about contributing to the overall health & wellness of our fellow seniors through your contributions.



FRIENDS TRAVEL



*Reminder
certificates for Bingo
and Travel are available
at the Friends Office.
A perfect gift for
any occasion!*

TRIPS: Flyers for all trips are at the Friends Travel Office or call **508-792-2948** to leave a message. Travel office hours are **Monday thru Thursday 9:30am-12:30pm**

WAIVERS: Required every year for emergency contacts. Fill one out or check to see if yours needs to be updated. Available in Travel Office. Yearly travel waivers required for EACH TRAVELER.

NOTE: Travel office is closed until further notice. Please call 508-792-2948, and we will get back to you as soon as possible.

BINGO EVERY THURSDAY 1-3:30 pm - CANCELLED TILL FURTHER NOTICE

*DUE TO THE CORONAVIRUS ALL CANCELLED TRIPS will be reimbursed when the Friends Office is open.
Please note: All Trips, Casino - Day - Overnite, have been cancelled for the remainder of the year.*

FRIENDS TRAVEL 2020 UPDATES

Foxwoods Casino Price -
\$22.00/pp
Non-Refundable - payable at
time of reservation.

Day Trips will require a
\$10.00/pp
Non-Refundable Deposit -
payable at time of reservation.

Order your "FRIENDS" of Worcester Senior Center Sweatshirt/Tee Shirts

SWEATSHIRTS IN STOCK				SMALL THRU XLARGE \$25.00	2XL - 4XL \$27.00
COLOR	MEDIUM	LARGE	XLARGE		
WHITE	1	3	2		
GREY		1	1		
ROYAL BLUE	2	3	1		
BLACK	1	1	1		

TEE SHIRTS IN STOCK					SMALL THRU XLARGE \$15.00	2XL - 4XL \$17.00
COLOR	MEDIUM	LARGE	XLARGE	4XLARGE		
BLUE	1	2	1			
YELLOW	1	1	2	1		

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 7, JULY 2020

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

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

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

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DIFFICULTY: ★★★☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Canal bank
- 5 Raw (Fr.)
- 8 Afrikaans
- 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 (suf.)
- 22 Exclamation
- 23 Hindu god of love
- 25 Clay mineral
- 29 Egypt. king
- 32 Academy (abbr.)
- 33 Corrode
- 35 Scientific name (suf.)
- 36 Remnant
- 38 Neptune's

DOWN

- 40 Colorless
- 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)

ANSWER TO PREVIOUS PUZZLE

C	F	M		C	A	A	M		S	A	A	L	
H	A	E		A	B	B	E		C	A	D	E	
A	M	T		M	A	L	E		H	O	R	S	E
D	E	A	D		S	E	D	E	R				
				L	O	A			R	I	S	E	R
D	I	S	C	L	A	I	M		A	C	L	U	
E	E	C		A	D	I	E		U	O	A	S	
A	R	U	M		V	I	S	C	O	U	N	T	
L	I	M	A	N		A	E	T					
				C	E	A	R	A		C	U	B	A
B	A	R	R	A	C	U	D	A		N	A	B	
T	A	N	O		E	L	A	N		I	R	C	
U	R	A	N		R	E	D	D		T	B	S	

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19			20		21		
			22			23		24			
25	26	27			28		29		30	31	
32				33		34		35			
36				37		38		39			
			40			41		42			
43	44			45		46			47	48	49
50				51		52			53		
54						55			56		
57						58			59		

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