

# SUTTON SENIOR NEWS

19 HOUGH ROAD SUTTON, MA 01590 (508) 234-0703

SUTTONMA.ORG



@SUTTONSENIOR

**JUNE 2023**



## The Sutton Lions Club FREE Health Screenings

**Saturday, June 10 10 AM - 2 PM**

Vision & Hearing Tests  
Blood Pressure  
Blood Sugar Testing

FREE Raffles

FREE Brown Bag Lunch to Go

(Ham & turkey slider/chips/cookie/water)



## Decisions, Arrangements & Considerations with Matthew Mulhane from Mulhane Funeral Home

**Wednesday, June 7 1 PM**

Even when death is expected, the pain that loss brings can still be devastating. In truth, no one is completely prepared for the death of someone close to their heart.

During this difficult time, there are decisions to be made immediately, arrangements to be coordinated, and a lot of things to be considered for your loved one's final farewell. We understand how this may feel overwhelming, especially with the grief you're feeling over the loss.

Light lunch will be provided  
RSVP by 6/6

## Veterans Benefits Presentation with Sutton Veterans Agent Lieutenant Colonel U.S Army (Retired) Carl Bradshaw

**Wednesday, June 14 11 AM**

The Department of Veterans Services is a state mandated service that provides services to all Sutton veterans, veteran's spouses and their dependents.

- Pension
- Financial need
- Filing claims with the Veterans Administration or Social Security
- Educational benefits
- Home loans
- Hospitalization and medical care
- Upon the death of a veteran



## Facility Tour Primetals Technologies Wednesday, June 21 10 AM

Join us for a behind the scenes tour Primetals Technologies. A worldwide leading engineering and manufacturer of capital equipment for the steel making industry, known for strengths in engineering, electronics, automation and manufacturing.

Meet at 93 Gilmore Drive  
RSVP by 6/16

## Father's Day Luncheon

**Thursday, June 15 11:45 AM**

**Roast Pork with Gravy**

**Cranberry Stuffing**

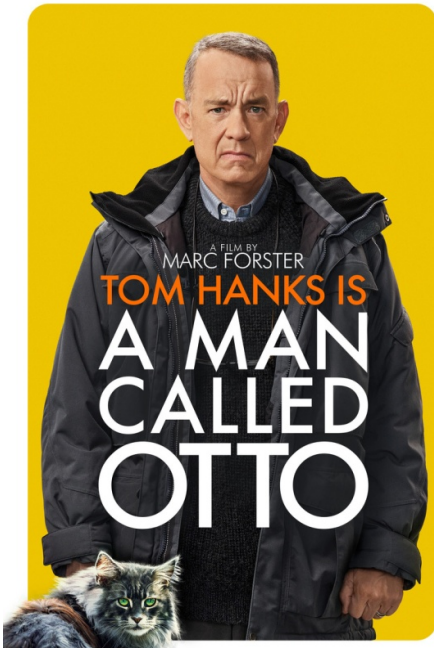
**Veggies**

**Cream Puff**

**RSVP to Michelle Saucier  
before 6/13**

## Afternoon Matinee

**Wednesday, June 28 12 PM**



When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

## The Senior Center will be CLOSED

**Monday, June 19**



Juneteenth is the celebration marking the end of slavery in the United States, first recognized by the state of Texas. It is also known as “Freedom Day,” “Juneteenth Independence Day,” or “Emancipation Day.”

On January 1, 1863, in the middle of the Civil War, the Emancipation Proclamation was issued by U.S. President Abraham Lincoln. It granted freedom to “all persons held as slaves” in 10 Confederate-controlled states. However, for the most part, the order was not enforced until Union soldiers were able to advance into these areas after the end of the war, the beginning of which came in April 1865 with the surrender of Confederate Gen. Robert E. Lee after the Battle of Appomattox Court House in Virginia.

On June 19, 1865, U.S. Maj. Gen. Gordon Granger delivered to the people of Galveston, Texas, General Order No. 3, which read, in part: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor.”

This day soon became known as “Juneteenth,” a verbal shorthand for June 19.

Slavery in the United States would be formally abolished with the ratification of the 13th Amendment on December 6, 1865.

# JUNE 2023 PROGRAMS & ACTIVITIES

## MONDAYS

- 10:00 AM - Chair Yoga
- 12:30 PM - Mat Yoga

## TUESDAYS

- 10:30 AM - Darts
- 11:00 AM - Chorus
- 1:30 PM - Cardio Barre

## WEDNESDAYS

- 10:00 AM - Blood Pressure Clinic
- 10:00 AM - Muscular Strength

## THURSDAYS

- 9:00 AM - Tai Chi
- 10:00 AM - Pitch
- 10:00 AM - Computer Club
- 1:00 PM - Chair Yoga

## FRIDAYS

- 9:30 AM - I'm Sorry
- 10:00 AM - Zumba
- 1:00 PM - Bingo

## SPECIAL PROGRAMS

**Wednesday, June 7 11:00 AM**  
Sutton Library Monthly Visit

**Friday, June 2 8:00 AM**  
Breakfast at the Holy Spirit Episcopal Church

**Wednesday, June 7 1:00 PM**  
Decisions, Arrangements & Considerations with Mulhane Funeral Home

**Saturday, June 10 10 AM - 2:00 PM**  
Sutton Lions Club Health Screening

**Wednesday, June 14 11:00 AM**  
Veteran Benefits Presentation

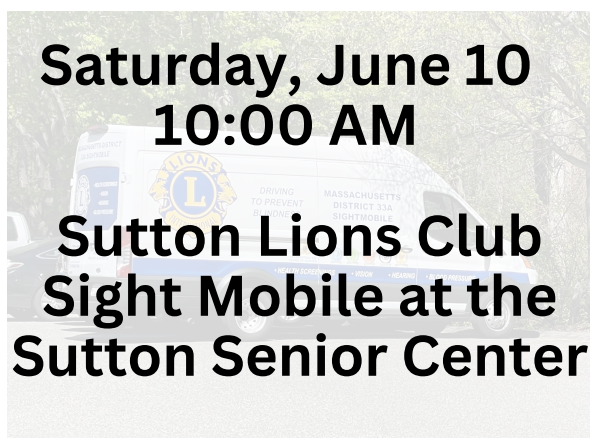
**Wednesday, June 14 2:00 PM**  
Book Club held at Sutton Library  
Take My Hand by Dolen Perkins-Valdez

**Thursday, June 15 11:45 AM**  
Father's Day Luncheon RSVP by 6/13

**Monday, June 19**  
**Closed for Juneteenth**

**Wednesday, June 21 10:00 AM**  
Tour of Primetals Technologies RSVP by 6/16

**Friday, June 28 NOON**  
Afternoon Matinee: A Man Called Otto





## **IMPORTANT UPDATES MASSHEALTH RENEWALS ARE BACK!!**

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.

- Update MassHealth by calling the Customer Service number at 800-841-2900

- REMEMBER!! IF MASSHEALTH CAN'T REACH YOU..THEY WILL DROP YOU

- Open and read any communications from MassHealth as soon as it arrives in the mail

- Follow the instructions in the letter and return any forms and required documentation

- Make sure you reply well in advance of the deadline

**DO YOU PAY \$164.90 FOR YOUR MEDICARE PART B PREMIUM?**

THE INCOME LIMITS FOR THE MASSACHUSETTS MEDICARE SAVINGS PROGRAM HAVE INCREASED SIGNIFICANTLY AND YOU MAY BE ELIGIBLE. The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income.

The 2023 monthly Part B premium is \$164.90. If eligible, you will also be eligible for Extra Help from Social Security. This program will help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

- o Individual Gross Income: \$2,734/month Assets: \$18,180

- o Couple Gross Income: \$3,698/month Assets: \$27,260

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. The program is federally funded and state administered.