

Community Legal Aid 405 Main Street Worcester, MA 01608 Seniors (60+) intake line: (800) 342-5297

Provides free civil legal services to low-income and elderly residents of Central and Western Massachusetts. We work to assure fairness for all in the justice system, protecting homes, livelihoods, health, and families. In addition to the focus areas of law listed below, we have several projects aimed at reaching our most vulnerable neighbors.

Community Legal Aid’s Elder Law Unit provides legal services in cases handled for persons 60 years old and older involving housing; SSI and Social Security disability and other Social Security issues; access to healthcare benefits including Medicare; nursing home rights; SNAP (food stamps) and other benefits; family law, including physical abuse; and financial exploitation. Generally, to be eligible for assistance, households must have income below 200% of the federal poverty guidelines and have limited cash assets. There are no financial eligibility requirements for the following applicants:

Seniors (age 60 and older) who are seeking help with an eviction, loss of rental subsidy, denial of admission to public or subsidized housing, access to government benefits (including TANF, EAEDC, SNAP, MassHealth, Social Security, SSI, SSDI, State Disability Supplement, or Medicare), or financial or physical abuse or other threats to their autonomy,

SOMETHING NEW:

Senior Saunters Monday November 8th at 11am
All are welcome. Please wear. Proper footwear/clothing / water. We will be featuring different places to walk in Sutton. Hosted by guest Senior Saunters.

Slice of Pizza and a Movie Monday November 29 11:30am.
Now showing GOING IN STYLE Cheated out on their pensions, three lifelong friends hatch a plot to rob a bank. But they have to stay one step ahead of the FBI. With Michael Caine, Morgan Freeman and Alan Arkin.
All are welcome to a slice of pizza and a drink.

Sutton Senior Center
19 Hough Rd. - Sutton, MA | (508) 234-0703

Are YOU Prepared?

Probate

Wills

Power of Attorney

Trusts

Estate Planning

Wednesday
November 17
6:00pm

All are Welcome



The Sutton Senior Center will be hosting the
Worcester Community Action Council
New Fuel Assistance Applicants Day

Friday, November 19 9:30am to 2pm Call to reserve spot

- When you apply, please provide the following:
- A copy of your current heating bill
- Identification for all household members including a picture ID for the head of household
- Current GROSS income from all sources and all household members for the past 30 days (4 consecutive pay stubs if paid weekly or 2 if paid bi-weekly)
- Children 18 years and over who are students must provide a letter from the school indicating they are a full time student currently enrolled in school
- If over 18 and claiming no income must sign a no-income statement. If you claimed no income for more than a year you must supply a wage statement from the Social Security office
- Current tenant profile if you have a rental subsidy
- A copy of your last check or print-out if receiving fixed income (Social Security, Disability, SSI, etc.)
- Check stub, letter from pension co. or 1099 document received at the end of the year from pensions showing current gross amount.
- If receiving child support, must provide copies of four current payments or court order with current copy of check or stub. Or, notarized statement from ex-spouse stating amount and frequency of payments
- Four most recent stubs workers compensation
- Unemployment award status
- Documentation for the source of Interest Income of over \$100 or more
- If self-employed, a signed copy of prior year’s entire tax returns with all attachments. If self-prepared the signature page must be notarized. A transcript will be requested as well.
- If you own a multi-family home: Rent receipts for your tenants, Property Tax bill, Homeowners insurance, Water/ Sewer bill, Mortgage interest statement or current signed copy of entire Federal Tax returns, including Schedule E.

**News from SHINE for
November 2021**



Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop and add medical providers from their networks. It’s important to review your options EVERY year to make sure you have the plan that works best for you for next year.

This year we have three new Medicare Advantage Plans, the Harvard Pilgrim Stride Plans are no longer available and Medicare Drug Plans have been reduced to 21 Plans from 27 Plans. Along with these new plans and choices we expect there will be additional marketing with a high volume of plan sponsored meetings.

YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE IN THE PLAN’S NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED.



SHINE Councilor
Pat Morris is available by appointment on Tuesday November 9 and Tuesday November 30.

Please call if you need assistance.

November 2021

Sutton Senior Center offers Meals on Wheels to homebound seniors delivered to you by wonderful volunteer drivers.

If you would like to volunteer to drive and be the best part of a seniors day, give Michelle Saucier Meal Director a call.

For the lunches you must sign up 48 hours in advance by speaking with our Meal Program Director

Michelle Saucier (508) 234-0703

Clubhouse Cafe

We don't want you getting sick of eating turkey so how about joining us for a

No Turkey Thanksgiving Lunch

Wednesday, November 24 at 11:30am



Marinated Pork Loin

Cranberry Herb Stuffing

Mixed Veggies

Baked Cinnamon Pears

Please RSVP by 11/19 to Meal Director Michelle Saucier

- Wednesday, November 3...American Chop Suey/Broccoli/Carrots
- Friday, November 5...Jambalaya/Rice Pilaf/Peas
- Wednesday, November 10...Meatloaf/Gravy/Garlic Mashed/
- Friday, November 12...Lemon Pepper Fish/Seasoned Potatoes/Roasted Brussel Sprouts
- Wednesday, November 17...Garlic Herbed Chicken/Bread Stuffing/Spinach
- Friday, November 19 ..Mac and Cheese/Stewed Tomatoes/Green Beans
- Wednesday, November 24...NO TURKEY THANKSGIVING LUNCHEON

Protect Your Eye Health

- Eat Plenty of Fruits and Vegetables:** the nutrients in fruits and vegetables provide antioxidants that help maintain healthier eyes and reduce the risk of AMD. Lutein and zeaxanthin are two important antioxidants that help prevent degeneration in the lens and retina. Foods rich in lutein and zeaxanthin are typically dark-colored fruits and vegetables including spinach kale collard greens yellow corn carrots kiwi mangos and melons
- Choose Fish for Omega-3 Fatty Acids:** Eating fatty fish like salmon tuna mackerel and sardines that include a wealth of omega-3 fatty acids may also lower the risk of AMD. Omega 3-fatty acids are rich in DHA which is important for eye health and visual function especially for people with dry eye syndrome
- Get Plenty of B Vitamins:** Higher levels of B vitamins may lower your risk of developing AMD. Bananas chicken beans potatoes fish liver and pork are high in vitamin b6, while dairy eggs poultry and shellfish are high in B12.
- Keep a Healthy Weight and Diet:** Excess body fat can increase your risk for AMD because obesity– related diseases such as diabetes have a negative effect on eye health.

Sutton Senior Center 19 Hough Road Sutton
MA 01590 508-234-0703

GRAB & GO HAM & BEAN LUNCH

FREE

MONDAY NOVEMBER 15

11:30AM

RSVP by Wednesday,
November 10



Give us a call for more information about services (508) 234-0703

- Email: m.edelstein@town.sutton.ma.us
- Visit us on the web at: www.suttonma.org
- Follow us on Facebook at: [Sutton Senior Center & Food Pantry](#)

November 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 10am BP Clinic 10am Chair Yoga	2 10am Hookers 10am Darts 1:30pm Cardio Barre	3 10am Muscular Strength 11am Card Making 11:45am Lunch	4 9am Tai Chi 9am Computer Help 10am Pitch	5 9:30am Power Walk 9:30am I'm Sorry 11:45am Lunch 1pm Bingo
8 10am BP Clinic 10am Chair Yoga 11am Senior Saunters	9 SHINE Counselor 10am Hookers 10am Darts 1:30pm Cardio Barre	10 10am Muscular Strength 11am Card Making 11:45am Lunch	11 	12 9:30am Power Walk 9:30am I'm Sorry 11:45am Lunch 1pm Bingo
15 10am BP Clinic 10am Chair Yoga 11:30 Grab and Go Ham & Bean Lunch RSVP by 11/10	16 10am Hookers 10am Darts 1:30pm Cardio Barre	17 10am Muscular Strength 11am Card Making 11:45am Lunch 6pm Get Your Affairs in Order Elder Law Presentation with David Cortese Esq.	18 9am Tai Chi 9am Computer Help 10am Pitch	19 9:30am Power Walk 9:30am I'm Sorry 11:45am Lunch 1pm Bingo
22 10am BP Clinic 10am Chair Yoga	23 10am Hookers 10am Darts 1:30pm Cardio Barre	24 10am Muscular Strength 11:30am No Turkey Thanksgiving Meal Closing at NOON	HAPPY Thanksgiving 	26 Closed
29 10am BP Clinic 10am Chair Yoga 11:30 Slice of Pizza and a Movie	30 SHINE Counselor 10am Hookers 10am Darts 1:30pm Cardio Barre			