Please do not come in if you are not feeling well, such as sniffling, sneezing, coughing, aching, stuffy head, fever or intestinal issues (upset stomach/diarrhea). Many of our visitors have underlying health issues that can be exacerbated by germs.

It is the mission of the COA to: identify the needs of elderly residents, aged 60 and over, inform and educate the community, public officials and enlist support and participation of residents to serve those needs. We design, promote and implement services. We identify, coordinate and offer additional elder services available within and beyond Sutton.

What we can offer our SENIORS:
- Nutritious Lunches in our cafeteria/Meals on Wheels
- Blood Pressure/Blood Sugar Clinic/Fuel Assistance Support
- SNAP Support/Food Pantry for Sutton Residents in need
- SHINE/MASSHEALTH Support
- Registry of Motor Vehicles Support/Notary
- Transportation Support/Home Visits
- Access to Legal Support/Electricians/Plumbers/Builders
- Community Care Kids for lawn/snow support
- Veterans Agent Hours/Medication Assistance
- Grief/Loss Counseling/Elder Abuse and Fraud Support
- Tax Assistance/Podiatrist
- Hair Dresser/Massage Therapist
- FREE Senior Fitness classes/Health/Wellness Seminars
- Hiking & Biking Groups/Tool Shed aka. Men’s Club
- Mass College of Pharmacy

March 2020

SUTTON SENIOR RESOURCE AND COMMUNITY CENTER
19 HOUGH ROAD, SUTTON MA 01590
508-234-0703 MON - FRI: 8AM-3PM
WWW.SUTTONMA.ORG

The Honorable Judge Janet Kenton Walker

Monday, March 2
1pm

Will be here to discuss the judicial system.

All are welcome!

Our very own Diane will be making lunch at 11:45
See back page for more info

A short discussion on the importance of the 2020 Census following the presentation!

March for Meals

No Senior Goes Hungry

March for Meals is a nationwide month-long celebration of Meals on Wheels and the millions of seniors who rely on the nutritious meals, friendly visits and safety checks to remain independent at home. Meals on Wheels operates in virtually every community in America to address senior hunger and isolation.

The SUTTON SENIOR CENTER and BROOKSIDE

Is hosting a FUNDRAISER
FRIDAY, MARCH 20 at 11:30

Assorted Sandwiches
Chips
Followed by an Ice Cream Bar
$10 per person
RSVP Wednesday, March 18 to Michelle Saucier
NEWS FROM SHINE MARCH 2020

Don’t leave the pharmacy without your prescription: “A drug that I need to take is not on my Part D prescription drug plan’s formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?”

A transition refills, also known as a transition fill, is a one-time, 30-day supply of a drug that you were taking:

- Before switching to a different Prescription through a Medicare Advantage Plan with drug service
- Or, before your current plan changed its coverage at the start of a new calendar year.

Transition fills allow you to get temporary coverage for drugs that are not on your plan’s formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition fills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

All stand-alone Prescription D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in certain circumstances. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to covered drug or file an exception request with the plan.

DON’T FORGET YOU MAY QUALIFY FOR BENEFITS UNDER THE NEW MEDICARE SAVINGS PROGRAM!!!

If your income is under $1,738/single or $2,346 married and your assets are under $15,720/$23,600 respectfully you may qualify for this valuable program. Contact your local Senior Center or visit us at www.shinema.org for more information.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call us at 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. For general SHINE information you can visit us at www.shinema.org

Monday | Tuesday | Wednesday | Thursday | Friday
--- | --- | --- | --- | ---
2 | 4 | 6 | 6 | 6
12 Chair Zumba | 9 Chair Zumba | 9 Blood Pressure/ Blood Sugar | 9 Tai Chi | 9:15 Power Walk
11:30 | 12:30 Mat Yoga | 10:45 Yoga | 9-12 Computer | 30/50 Power Walk
Diane’s Famous | 12:30 Darts | 11 Tool Shed | Class | 1 Yoga
Turkey Soup and | 12:45 Chorus | 12:45 Chorus | 10 Pitch | 1 Bingo
Grilled Cheese | 10-12 Fraud Squad | 9:30 Ukelele | 1 Zumba | 2pm Hip Hop
Sandwiches $3/pp | 10-12 Fraud Squad | | 1 Bingo |
1pm | | | | AARP TAXES
The Honorable Judge | 9 Blood Pressure/ Blood Sugar | 9 Tai Chi | 19:00
Janet Kenton-Walker | 10 Muscle Strength | 9-12 Computer | 9:15 Power Walk
11:45 St. Patrick’s | 9:30 Ukelele | Class | 9:30 | $10/pp
Day Luncheon | 9:30 Book Club | 10 Pitch | I’m Sorry | Assorted
10-12 Fraud Squad | 1 Bingo | 1 Zumba | 1 Yoga | Sandwiches and Ice Cream Bar
10 Chair Zumba | 1 Hiking | 1 Computer | Meals on Wheels | RSVP at Front Desk
12:30 Mat Yoga | 2pm | 12 Computer | Luncheon | 11:30AM
12:30 Darts | Bereavement | Class | 10 Yoga |
9 Chair Zumba | 12:30 Mat Yoga | 10 Pitch | 1 Bingo |
12:30 Darts | 12:30 Darts | 1 Zumba | |
9 Chair Zumba | 12:30 Mat Yoga | 10-12 Fraud Squad | 1 AARP TAXES |
12:30 Darts | 10 Chair Zumba | 10-12 Fraud Squad | |