

# COACH MESSENGER

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## ARE YOU PART OF THE “SNAP GAP”?

More than 40% of elders eligible for the federal Supplemental Nutrition Assistance Program (SNAP), commonly known as “food stamps”, are not on the program. Are *you* part of that “SNAP Gap”?

A recent study by Mass General Hospital found that participation in SNAP reduced annual health care costs by \$1,400 per person per year. Seniors with poor nutrition are at greater risk for health conditions like chronic heart disease, depression, diabetes, and asthma. Another study showed that access to SNAP benefits reduces the likelihood of admission to a nursing home by 23%.

SNAP advocates in Massachusetts have been working hard to close the “SNAP Gap”. That’s the number of people who are eligible for SNAP— but are not on the program. Over 150,000 adults in Massachusetts age 60+ receives SNAP, which is roughly 10% of the senior population. But, there are another 106,000 seniors who were eligible, but were not in the program. Are *you* one of them?

### *Medical expenses impact eligibility*

Under federal rules, seniors or disabled people can claim out-of-pocket medical expenses as a deduction to their income—but

the majority of seniors and disabled SNAP recipients in the Commonwealth don’t use it. In addition to insurance, and any hospital or doctor costs, they can claim out-of-pocket costs like vitamins, eye glasses, hearing aids, over the counter medicine chest items, and mileage from driving to doctors and pharmacy. Seniors can also use housing costs, and utilities. So, if you have written off this benefit in the past, because at first glance you think you don’t qualify, you may need to think again.

### *Benefits Check Up*

SNAP is only one of 2,500 benefit programs available nationwide and most seniors don’t know what’s available to them. Benefits Check Up is a program run by the National Council on Aging that helps seniors identify benefits programs they are eligible for. This program has helped over 6.5 million seniors discover over \$23.8 billion in benefits.

### *Assistance Available*

To find out how to apply for SNAP or to check what benefits you may be missing out on, call the COA at 354-7735. Or, if you want to check from home, go to [www.benefitscheckup.org](http://www.benefitscheckup.org). Your COA exists to provide services that increase your quality of life.

**SAVE  
THE  
DATE**

*If you need a ride to any of these events, please call the COA at 354-7735.*

**Mondays, each week**  
Dining Center Luncheon  
12 pm (menu on back)  
Knitting Group 1 pm

**Thursdays, each week**  
Matinee movie 1pm  
Doors open at 12:15 pm  
Free

**Monday, March 6**  
**Pot Luck Luncheon**  
12-1:30 pm In celebration of St. Patrick’s Day/Spring, bring a dish with a green ingredient! (optional)

**Tuesday, March 13**  
**Concert with Do-Re-Mi Chorus** 1:30 –3 pm Free  
Town Hall Auditorium

**Thursday, March 15**  
**St. Patrick’s Day Party**  
Corned Beef & Cabbage Luncheon 12 -1:30 pm  
**Reservations required—**  
*Suggested anonymous donation \$3 / free*

**Friday, March 16 Brown Bag Pick-up 11am**  
**Dining Center Luncheon**  
12 pm (menu on back)

**Tuesday, March 20**  
**Paper Craft Workshop—**  
1-3 PM Cricut designs, stamping —make your own greeting cards or project!  
All supplies provided—free

## WHAT'S COOKING AT THE DINING CENTER

Reservations or Cancellations must be made 48 hrs. in advance. Indicate which entree you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Milk, coffee and tea are available. Meals are free. Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

### Monday, March 5

Cheese Lasagna **OR** Cheese Frittata served with Veggie Chicken Soup, Orange Juice, Cheese Twist Bread, and a fruit crunch bar for dessert.

### Monday, March 12

Mini Ravioli w/Meat Sauce **OR** Beef Steak w/Onion & Peppers—served with steamed spinach, French Bread, and a box of Sun Maid Raisins

### Thursday, March 15 (High Sodium)

Savory Corned Beef, served with Steamed Cabbage & Carrots, Boiled Red Potatoes, Pumpernickel Bread and Cake for dessert

### Friday, March 16

Baked Potato Pollock Filet w/ Tartar Sauce on the side **OR** Beef Steak w/ Onions & Peppers served with Clam Chowder, Steamed Green Beans, Whole Wheat Bread, with chilled mixed fruit for dessert.

### Monday March 19

Sweet & Sour Pork **OR** Ham & Pickle Sandwich on Pumpernickel Bread, Steamed Broccoli, Lo Mein Noodles, Whole Wheat Bread, and chilled peaches for dessert

### Monday, March 26

Chicken Marsala **OR** Fish Sticks w/ Tartar Sauce, Steamed Corn, Rice Pilaf, Whole Wheat Bread, and pineapple chunks for dessert

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## ST. PATRICK'S DAY PARTY

Our annual St. Patrick's Day Party will be held on Thursday, March 15 from 12-1:30pm. Our luncheon will feature—what else but—corned beef and cabbage, potatoes, carrots, and pumpernickel bread! **Reservations are required.**



## THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available. beginning at 12:15 PM.

**March 8 Goodbye Christopher Robin** 2017 (*Drama, Biography, Period Piece*) The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books' phenomenal success affected the family. PG 1 hr. 47 min.

**March 15 P.S I Love You** 2007 (*Romantic drama, Inspiring, Emotional*) Holly Kennedy is beautiful, smart, and married to the love of her life--a passionate, funny, and impetuous Irishman named Gerry. So when Gerry's life is taken by an illness, it takes the life out of Holly. Before he died, Gerry wrote Holly a series of letters that will guide her, not only through her grief but in rediscovering herself. With Gerry's words as her guide, Holly embarks on a touching, exciting, and often hilarious journey of rediscovery in a story about marriage, friendship, and how a love so strong can turn the finality of death into a new beginning for life. PG-13 2 hr. 7 min.

**March 22 Wonder** 2017 (*Drama, Inspiring*) Entering fifth grade will be momentous for Auggie—because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Stars Julia Roberts, Owen Wilson, Jacob Tremblay PG 1 hr. 53 min.

**March 29 Viceroy's House** 2017 (*Political Drama Based on Real Life*) An epic chapter in the history of the British Empire is recounted in this period drama that follows the last viceroy of India, Lord Mountbatten, as he oversees the nation's seismic transition to independence in 1947. NR 1 hr. 46 min.

**April 5 The Big Sick** 2017 (*Comedy/Drama Based on Real Life*) After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble. Nominated for 2018 Oscar for best screenplay R 1 hr. 59 min.

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**Call 354-7735 to reserve your seat at the table. Reservation deadline is Monday, March 12.** The meal is free, though an anonymous donation of \$3 is suggested if Celebrate with the Murphys, the Daleys, the McFarlands, the Foleys, the McCauls...and, yes, the O'Kucharski—because, as we know, everyone's Irish on St. Patrick's Day!