

COACH MESSENGER

JANUARY 2020

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735
PEGGY GRAVELINE, DIRECTOR

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

SAVE THE DATE

Dining Center (Monday 1/6, 1/13, Friday 1/17, Tuesday 1/21, & Monday 1/27).

Knitting or Puzzle Making on Mondays from 1:30 p.m. – 4:00 p.m.

Mahjong Tuesdays – 1:30 – 4:30 p.m.

Advisory Board Meeting – January, date TBD

Pot Luck Luncheon – Wednesday, January 15th. RSVP to 354-7735

Brown Bag Pick-Up – 3rd Friday of the Month (January 17th) – 11:15 a.m.

Martin Luther King, Jr. Holiday, Monday, January 20th – NO COA

Blood Pressure Clinic – Monday, February 10th following the Dining Center Meal

Foot Clinic – Wednesday, February 19th & Thursday, February 20th (by appointment only)

Social Security Announces 1.6 Percent Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 percent increase for 2020, the Social Security Administration announced in a recent Press Release.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$137,700 from \$132,900.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2020, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2020 are announced. Final 2020 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

WHAT'S COOKING AT THE DINING CENTER

Monthly menus are usually available at the COA the last week of the month for the next month. Reservations or Cancellations must be made 24 hrs. in advance. Indicate which entrée 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 is served but other beverages 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, January 6th

Macaroni & Cheese OR Egg Salad w/Lettuce, Stewed Tomatoes, Cherry Snack N Loaf, Chilled Applesauce. **Cal: 784 - Sodium: 820 - Carb: 102**

Monday, January 13th

BBQ Pork Rib OR Meatball Grinder, Roasted Brussel Sprouts, Scalloped Potatoes, Wheat Dinner Roll, Chilled Peaches. **Cal: 526 – Sodium: 668 – Carb: 70**

Friday, January 17th

Vegetable Pizza w/Mushrooms & Onions OR Meatball Grinder, Steamed Broccoli, Bread in Entree, Orange Juice, Warm Fruit Compote. **Cal: 697 – Sodium: 705 – Carb: 96**

Tuesday, January 21st

Chicken w/Gravy OR Grilled Cheese, Glazed Carrots, Whipped Potatoes, Honey Wheat Bread, Fresh Fruit. **Cal: 527 – Sodium: 939 – Carb: 80**

Monday, January 27th

Chicken Marsala OR Chicken Nuggets, Oriental Blended Vegetables, Rotini Pasta, Rye Bread, Mandarin Oranges. **Cal: 750 – Sodium: 788 – Carb: 108**

Thursday Afternoon Movies have been temporarily suspended. They will be resumed when there is enough interest or we will choose another project to fill that time slot.

Be on the lookout for the announcement of classes to be put on by the Hilltown Community Ambulance, i.e. CPR and First Aid, etc.

**HAPPY NEW YEAR EVERYONE
MAY THE COMING YEAR BRING YOU PEACE AND
HAPPINESS**

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.