

# COACH MESSENGER

NOVEMBER 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

**Meals/Grab & Go (Monday, 11/2, Thursday, 11/5, Monday, 11/9, Thursday, 11/12, Monday, 11/16, Thursday, 11/19, Friday, 11/20, Monday, 11/23, Wednesday, 11/25, & Monday, 11/30). NO MEAL ON THANKSGIVING**

**NOTE: Due to the Corona Virus (COVID-19) Pandemic, meals will be on a pick-up basis only between 12-1 p.m. until further notice. There will be only one meal option during this period. Please call 354-7735 and leave a message if you would like to pick up a meal.**

**Mahjong cancelled until further notice.**

**Blood Pressure Screening cancelled until further notice.**

**Brown Bag Pick-Up – 3<sup>rd</sup> Friday of the Month (November 20<sup>th</sup>) – NOTE: If you have also ordered a lunch for that day, please plan on picking up your Brown Bag between 12-1 p.m.**

**Foot Clinic, Tuesday, December 1<sup>st</sup> and Wednesday, December 2<sup>nd</sup> – By appointment only**

## MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment is officially underway, and will run through December 7, 2020. NOW is the time to review your health and drug plans, and make changes to your healthcare coverage for next year, based on your financial and medical needs. Sue Kucharski, our SHINE Counselor, is currently making appointments to discuss coverage options with Medicare beneficiaries. Even though our outreach office (Hilltown Senior Outreach) remains closed to the public because of the pandemic, the work continues through telephone appointments, mail, and Zoom meetings. You are advised to call 354-6540, and make your appointment with Sue now!

It's important to remember that Medicare health and drug plan costs and covered benefits can change from year-to-year. You need to make sure every year that the doctors and hospitals you go to, and the prescription medications you take are covered by your plan, one year to the next. Don't find out you don't have the coverage you thought you did when it's too late!

And there are plenty of reasons to compare coverage options this year. Medicare Advantage (or private Medicare health plans) and Part D prescription drug plan premiums at historic lows – and many healthcare plans (though not all) are now offering \$35 monthly co-pays (or less) for insulin, as well as additional benefits. While plans differ in their benefits, there are plans that cover some vision, dental, and hearing costs, and others that include an allowance for over-the-counter medications and pharmacy items, transportation, and meals after hospitalizations.

We hope everyone with Medicare takes time over the next few weeks to review their health and drug coverage for next year. You may well find a plan that's a better fit for you and save yourself some money in the process! By taking the time now to review your plan with our SHINE Counselor, you could potentially save hundreds of dollars. There is no obligation to change plans, even after you receive the information with your options. All counseling is free, unbiased, and confidential.

## CHESTER COA – GRAB & GO LUNCHES FOR NOVEMBER 2020

MONDAY	WEDNESDAY or THURSDAY	FRIDAY
<b>2</b> Grilled Cheese, Creamy Cucumber Salad, Lo Mein Noodle Salad, Whole Wheat Bread, Mixed Fruit	<b>5</b> Stuffed Shells w/Marinara Sauce, Tossed Salad, Cranberry Orange Muffin, Warm Peach Crisp	
<b>9</b> Chef's Salad w/Turkey, Egg & Cheese, Tomato, Lettuce & Cucumber, Vinaigrette Rice Salad, Blueberry Muffin, Fresh Fruit	<b>12</b> BBQ Chicken, Vegetable Soup, Oven Roasted Potatoes, Whole Wheat Bread, Chocolate Pudding w/Topping	
<b>16</b> Ham Salad, Lettuce, Tomato & Cucumber, Creamy Potato Salad, Whole Wheat Bread, Strawberry Fruit Cup	<b>19</b> Homemade Meatloaf w/Gravy, Steamed Peas, Whipped Potatoes, Whole Wheat Bread, Birthday Cake	<b>20</b> Roast Pork w/Gravy, Steamed Carrots, Scalloped Potatoes, Cherry Muffin, Fresh Fruit
<b>23</b> Pollock Crunch Sticks w/Tartar Sauce, Steamed Green Beans, Brown Rice, Whole Wheat Bread, Chilled Peaches	<b>25 - Wednesday</b> Roast Turkey & Stuffing w/Gravy & Cranberry Sauce, Butternut Squash, Whipped Potatoes, Whole Wheat Roll, Pumpkin Pie & Topping	
<b>30</b> Chicken Salad, Lettuce, Tomato & Cucumber, Vinaigrette Potato Salad, Whole Wheat Roll, Fig Bar		

### VETERANS DAY – WEDNESDAY, NOVEMBER 11<sup>TH</sup>



### THANKSGIVING – THURSDAY, NOVEMBER 26<sup>TH</sup>



**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.