

42ND ANNUAL SENIOR CONFERENCE

PROGRAM



Hosted by State Senator Jamie Eldridge
8 AM Thursday, April 20th, 2023
Assabet Valley Regional Technical High School
215 Fitchburg St, Marlborough MA

Welcome to the 42nd Annual Senior Conference

Dear Friends,

It's the moment you've all been waiting for: We are back in person for our 42nd annual Senior Conference! It's been a long, almost three-year hiatus but I am so glad you are all here with me today. This event is intended to provide you with useful information from our knowledgeable guest speakers, presenters, and vendors.

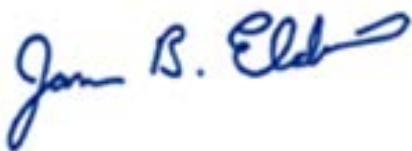
I'm excited to bring the Senior Conference back to Assabet Valley, in person, with the opportunity to catch up with seniors from throughout the Senate district that I represent. We will provide seniors with critical information, entertainment, food, and of course raffle prizes, including the Big Chair from Bouvier Pharmacy of Marlborough! I look forward to hearing the concerns of seniors, discussing state initiatives to better support older residents in Massachusetts, and highlighting the work of the Legislature so far this session.

I'm proud to be a strong advocate for the seniors of the Middlesex and Worcester District! Over the past few years, I have focused my energies to support several initiatives for seniors:

- Expanding the Senior Citizen Circuit Tax Breaker, to expand tax relief for seniors paying property taxes in the communities where they've raised their kids and given so much back to the community
- Building more senior housing. With the increased population of older Massachusetts residents, every community must provide more housing opportunities for seniors, including affordable housing, and housing for residents who are downsizing
- Increased state support for our wonderful Councils on Aging
- Providing more support for home care workers, nursing homes, and assisted living centers, including raising the wages of the healthcare workers who take care of seniors living in congregation housing, or living alone

I am so happy for the opportunity to be with you and to hear more about your concerns and ideas. In this program, you will find information on the conference, speaker bios, information on our vendors and sponsors, as well as how to get in touch with your local legislators! I hope you find this booklet a useful resource and I hope you enjoy our Senior Conference! If you see me, be sure say hello!

All the best,



JAMES B. ELDRIDGE
State Senator
Middlesex & Worcester District

For an online version of our booklet:



**Scan the QR Code above,
Visit www.senatoreldridge.com/seniors
or email Bianca.desousa@masenate.gov**

Meet Our Presenters



Linda Corbin - Zumba Instructor

Linda is a certified Group Fitness Instructor with an additional certification in Zumba. She has been teaching Zumba at the Hudson Senior Center since 2014. Linda invites you to join her Zumba Class. All ability levels are welcome!

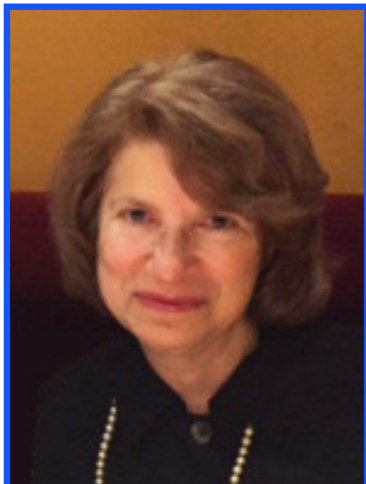
Linda will be giving us a sneak peak of her Zumba Class at 9:15am



Rebecca Reber - Yoga Instructor

Rebecca started her journey with yoga over 20 years ago before there was music and beautiful spaces to practice in. It was something she craved while working in a stressful corporate environment. In 2015 she knew that her passion needed to grow further and she earned her RYT 200 Certification from YOGAFIT Worldwide. Rebecca carried other certifications such as Reiki, Ageless Grace, SAIL and Silver Sneakers and has been inspired daily by her 93 year old mother who still enjoys a weekly chair yoga class. Rebecca uses breath-work, spiritual readings, and loving guided movements throughout her practice.

Rebecca will be guiding us through: Chair Yoga - Sit and Stretch at 10 am. To learn more about her work, please visit www.rebeccareberyoga.com

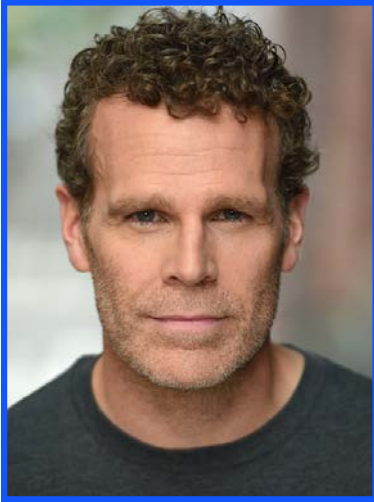


Ellen Feinsand - Chair, Acton Council on Aging Board

Ellen Feinsand spent her career in the financial services industry helping people save for, transition to, and live in retirement. In 2014, she expanded her work to include advocating for seniors and earned a Certification in Gerontology, management of Aging Services, from the University of Massachusetts in 2015. Prior to that, Ellen founded D & G Consulting, Inc. in 1997, worked at Fidelity Investments from 1986 - 1997, and previously for a division of Traveler's Insurance. Ellen has an MBA from Boston University, an MA from Tufts University and a BS from State University at Albany.

Ellen will be presenting on Aging in Place: Planning for your Future at 8:15 am and 10 am.

Meet Our Presenters



Jere Shea, Director, Massachusetts Film Office

As a Tony Award-nominated actor and musician, Jere's career encompasses leading roles on stage, film and television along with senior positions in MA state government. He served as the Governor's Deputy Chief of Staff for Strategic Planning, advising on key initiatives and issues management. Jere authored the proposal for the creation of Mass.gov, the Commonwealth's comprehensive government services portal, and oversaw Health and Human Services, and Consumer Affairs and Business Regulation. In addition, Jere served as Director of Administration for the MA Department of Industrial Accidents, Consumer Relations Officer for the MA Division of Energy Resources, and as a senior development officer for several local, national, and international non-profits. Jere is also a National Voting Member of the Television Academy (Emmy Awards). Jere is well-positioned to take the helm at the MA Film Office at a time of great potential for Massachusetts' growing film and television industry.

Jere will be presenting on **Film in Your Own Backyard at 8:45 am and 9:45 am.**



Ailene Gerhardt - MA, BCPA (Independent Board Certified Patient Advocate)

Ailene is a Solo Aging educator and founded her national patient advocacy practice Beacon Patient Solutions LLC in 2018. Ailene's dynamic advocacy work includes a focus on Solo Aging. Ailene is a sought after speaker and has offered over 100 community education talks, classes, and presentations in partnership with community centers, libraries, senior centers, Villages, networking meetings, community organizations and conferences since Spring 2018. In the summer of 2021, Ailene convened Pros Working with Solo Agers, a national multi-disciplinary group of professionals whose work has a focus on solo agers. The multi-disciplinary group meets monthly and tackles issues facing solo agers.

Ailene will be discussing: The Unique Needs Of Solo Agers: Building Health, Community, and Emotional Support at 8:30 am.

Meet Our Musical Performers



Flashback Band Marlboro is a local band consisting of four musicians from Marlboro. They have been performing locally for the last seventeen plus years, playing many concerts, festivals, clubs, parades, and benefits. They have performed 50 shows, on Jersey St (formerly Yawkey Way) at Fenway Park before Red Sox games with more to come this year.

Flashback plays a wide variety of music from 60's-80's Rock 'n' Roll, Motown and Country, with other surprises thrown in. They are known for their wide selection of material. They play by their motto, "Musical Memories"

Catch Flashback performing by the gymnasium from 9am-11am.

Booking info: Paul Giardina

Phone: (774) 285-6255

Email: LPG850@Yahoo.com

Give them a like on Facebook! - "Flashback Band Marlboro MA."



"It Takes Two" provides perfect music for any occasion. Guitarist **Steven Kirby** and bassist **Mark Poniatowski** (both Berklee College of Music professors and seasoned performers) have a wide and varied repertoire which allows them to provide just the right music for any event while customizing their selections to each client's taste and requirements. Styles include Pop, Rock, Jazz, American songbook, Broadway, Celtic, Brazilian, Classical.

The beautiful and varied sound texture of acoustic nylon string guitar and acoustic upright bass is perfect for a wide range of events: enchanting background music; atmospheric sound underpinnings, lively upbeat music at social events, holiday parties, cocktail hours; stately and joyous music for weddings, etc.

"It Takes Two" will be providing some lovely music during our lunch, from 11am-12:30.

Booking info: Steven Kirby

Phone: (978) 273-7125

Email: jazztao@comcast.net

Learn more at: steven-kirby.squarespace.com

Contact Your Elected Officials

Please reach out to our offices if you need any assistance or if you have any questions or concerns.



STATE SENATE

Email: first.last@masenate.gov

ex: James.Eldridge@masenate.gov

James B. Eldridge, Middlesex & Worcester

617.722.1120 | James.Eldridge@masenate.gov

John Cronin, Worcester & Middlesex

617.722.1230 | John.Cronin@masenate.gov

HOUSE OF REPRESENTATIVES

Emails: first.last@mahouse.gov

ex: Carmine.Gentile@mahouse.gov

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617.722.2012 James Arciero, 2nd Middlesex

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617.722.2000 Simon Cataldo, 14th Middlesex

617.722.2060 Kate Donaghue, 19th Worcester

OTHER ELECTED OFFICIALS

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617.725.4005 Lt. Governor Kim Driscoll

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617.727.7030 Secretary of State William Galvin

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508.854.1800 Lewis Evangelidis, Worcester County

DISTRICT ATTORNEYS

781.897.8300 Marian Ryan, Middlesex County

508.755.8601 Joseph Early, Worcester County

Resources

The COVID-19 Public Health Emergency will end on May 11, 2023.

Tests ordered by a provider:

Starting May 12, mandatory insurance coverage for COVID-19 testing will end. Your insurance company will continue to cover the cost of COVID-19 testing when a provider orders the test, and you have been exposed or have symptoms. You may not be covered for elective testing, such as for travel.

At-home testing:

Starting May 12, most insurance companies will no longer reimburse you for buying at-home COVID-19 tests. If you want to purchase at-home COVID-19 tests before insurance reimbursement ends, you can purchase them from your local pharmacy or online.

Visit [mass.gov/covid-19-testing](https://www.mass.gov/covid-19-testing) to find test sites, and rapid tests, learn more about free treatments, and read all the latest updates on the Covid-19 pandemic.

Senior Services in our district:

Baypath Elder Services:

***As of July 1st, BayPath Senior Services is now Springwell! Offices, phone lines, and staff remain the same.*

BayPath Elder Services, Inc. offers home care and related services enabling people to live independently and comfortably in their homes while promoting their well-being and dignity. In July 2022, BayPath Elder Services merged with Springwell.

Springwell/BayPath is a nonprofit organization with more than 40 years of experience serving and advocating for the needs of older adults and younger persons with disabilities. Many of their services are free, others are based on one's ability to pay, and some are offered on a fee-for-service basis. To learn more, visit [baypath.org](https://www.baypath.org)

Minuteman Senior Services:

***Effective as of April 18th, MSS's new office location will be:*

One Burlington Woods Drive, Suite 101, Burlington, MA 01803

For over 45 years Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. They offer over 20 programs and services and are continually improving and expanding to serve individuals and families in new and better ways.

Many of their services are free of charge, others are available on a sliding fee or private pay basis. To learn more, visit: [minutemansenior.org](https://www.minutemansenior.org)

Other Tips and Resources:

Fraud Prevention: There has been an increase in fraud scams targeting senior citizens. DO NOT give out personal, banking, or financial information to callers. DO NOT answer the door unless you are expecting someone.

Fuel Assistance: Call the Cold Relief Heatline at **1.800.632.8175** or visit [hedfuel.azurewebsites.net](https://www.hedfuel.azurewebsites.net) and find your local administering agency.

Food Assistance: Call the FoodSource Hotline at **1.800.645.8333**. This hotline is open to all and can help you find access to food resources across Massachusetts.

MA Nursing Home Family Resource Line: 617.660.5399

Caregiver Support Help in Massachusetts: Call 800-AGE-INFO (800-243-4636)

Family Caregiver Alliance: Visit [Caregiver.org](https://www.caregiver.org)

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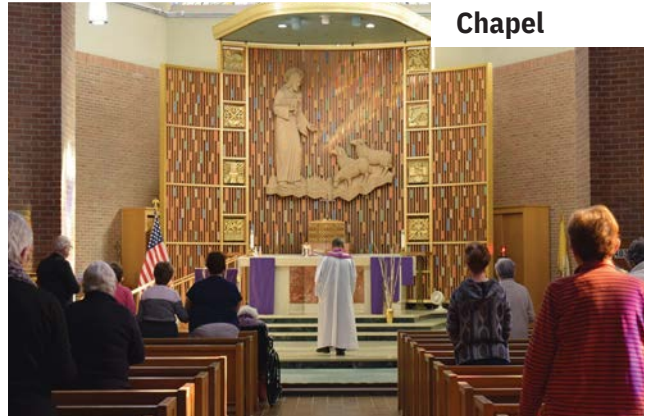
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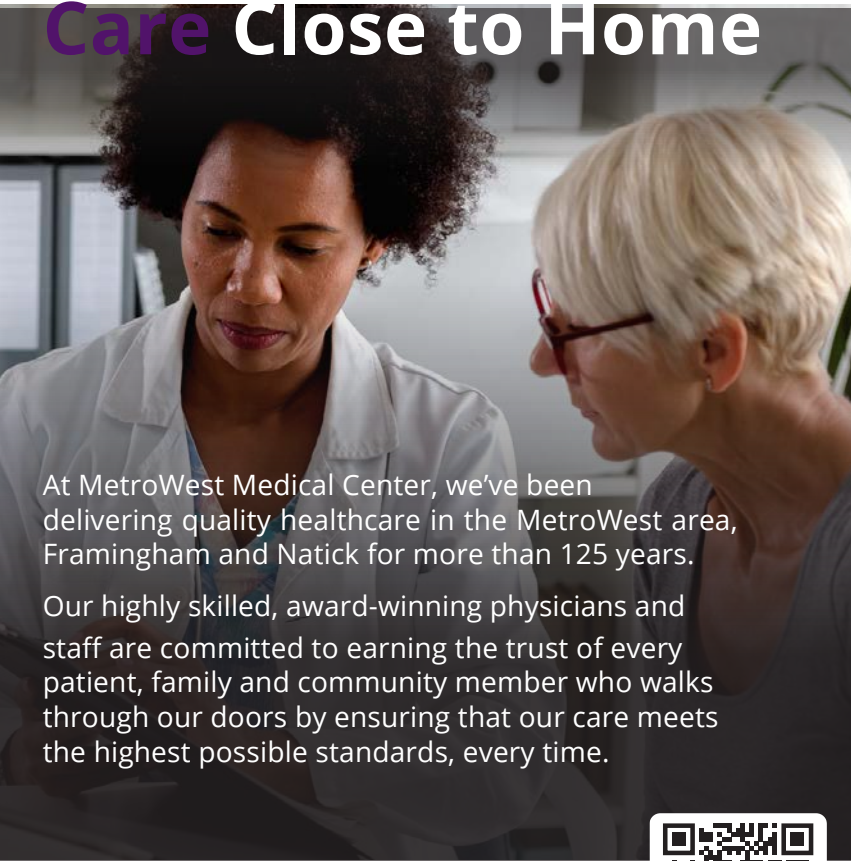
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MON

Northboro Senior Center

In Person
Gentle Mat Flow
Yoga
10:00-10:45am

Northboro Senior Center

In Person
Chair Yoga
11:00-12:00pm

Littleton Community Center

In Person
Chair Yoga
12:45-1:30pm

Wellesley Senior Center

ZOOM
Chair Yoga
2:30-3:00pm

TUES

Maynard Senior Center

ZOOM
Chair Yoga
9:00-10:00am

Tower Hill

In Person
Chair Yoga
11:30-12:30pm
Boylston, MA

Lunenburg Senior Center

In Person
Chair Yoga
1:30-2:15pm

Framingham Senior Center

ZOOM
Chair Yoga
4:30-5:15pm

WED

Hudson Senior Center

ZOOM
Chair Yoga
9:00-9:45am

Wellesley Senior Center

ZOOM
Chair Yoga
11:00-11:45am

THURS

Boxboro Senior Center

ZOOM &
In Person
Chair Yoga
9:30-10:30am

Boxboro Senior Center

In Person
Mat Stretch Yoga
11:00-11:45am

Southboro Senior Center

In Person
Chair Yoga
1:00-2:00pm

FRI

Sudbury Senior Center

ZOOM &
In Person
Chair Yoga
9:30-10:15am

Framingham Senior Center

In Person
Chair Yoga
11:00-12:00pm

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