

Living Well



May
2022
Newsletter

Williamsburg Senior Center: Programs & Services for Active Living at 60+

Thoughts on Sharing a Meal



On March 15th, the Senior Center served meals to 17 folks who came in to share food and companionship. It had been two years since we had a congregate meal at our café. Seeing smiling faces and hearing voices of people talking is a simple thing, but on that day, it seemed momentous!

Here is what some folks had to say:

- * "It is wicked good fun to be together."
- * "Great to see old friends. Good to talk to folks in person. Happy to be back."
- * "I love it. I would feel very bad if I couldn't come. Talking to people is wonderful."
- * "There's a lot of things that we don't realize we have missed. But when we start talking to people again, it really helps us remember. Being human is interacting with people."
- * "We need to stop surviving and live again."
- * "Talking to the TV is really not rewarding."
- * "It's good to have people to talk to—make conversation. I'm not so lonely."
- * "To see faces is so nice."
- * "People really get along here. It really is a good group."
- * "Lots of people. That's what I missed the

most. Being with people is the main reason we come."

- * "Even though I live with Mom, she spends her days alone while I'm at work. She really enjoys getting out to lunch and chatting with other people. She loves hearing their stories and telling her own. It is very good for her to have this positive input!"
- * "At this age, it is hard to make acquaintances, especially with COVID, and this is how we are able to do that."
- * "I enjoy being with my peers. I was immersed in the conversation at my table and thought of nothing else at that time."
- * "It is nice to have people at least pretending to listen!"
- * "Many years ago, a friend told us we should come. She was right."

The Senior Center has returned to providing congregate meals during the week (Mon-Fri). We are happy we are able to do this. **If you would like to join us, please contact Tamar at 268.8419 or email tsmith@burgy.org. See more info on page 2.**

MOTHER
ma mère
MOMS
MUM
M A - M A
mommy
MADRE
MAMMY
MA!



She made broken look beautiful
and strong look invincible.
She walked with the Universe
on her shoulders and made it
look like a pair of wings.

-Ariana

Williamsburg Senior Center – 141 Main Street, P.O. Box 193, Haydenville, MA 01039
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: seniorcenterdirector@burgy.org

SHINE

For Medicare and Medicare-related insurance issues, SHINE can help. If you want to speak to a SHINE agent, call the Senior Center to make an appointment. Leave your name and phone number and we'll have an agent contact you.

Veteran's Service Officer

There are no longer office hours in the Town Offices, but the VA office is open and available. Our representative, **Robert Vigneault** may be reached at his office at **413-587-1299** for appointments.

Brown Bag: Food for Elders

This program provides a free bag of healthy groceries to eligible seniors once a month at the Senior Center. Call the Food Bank at **413-247-9738** or **800-247-9632** or download a printable application at <https://www.foodbankwma.org>. (Click on the Get Help tab and select Brown Bag.) Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

Highland Valley Meals

Congregate meals are being served in the Senior Café Mondays—Thursdays. Fridays will be delivery only. We are accepting new folks for these meals. **Contact Tamar at 268-8419.**

Take and Eat

Two area churches are providing freshly made meals delivered every Saturday. Contact the senior center to find out more or to sign up.

Wellness Calls

The Williamsburg Senior Center is still making friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. (**268-8407**)

Foot Nurse

Piper Sagan is doing foot care at the Senior Center **June 14th** and on second Tuesdays every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for an appointment.

Podiatry

Dr. Coby has appointments available on **May 10th**,

and the second Tuesday of every other (odd) month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

Hilltown Elder Network

(Also known as the **HEN Program**) is available from the Hilltown Community Development Program for housekeeping and other duties. Williamsburg/Haydenville residents can call the coordinator, **Fran**, at **268-7411** for more info.

Medical Rides

The Senior Center drivers are available for your medical rides. **Call us at least 3 days ahead of any rides you need** and we will provide a driver. (You can still use PVRTA for medical rides in their vans with **Dial-A-Ride Services, (413) 739-7436.**) Rides for shopping/errands can also be scheduled through our **Carpool Program.**

Modern/Contemporary Dance

Susan Waltner's very popular dance class is happening on Wednesdays at 10:00 am in the auditorium. Contact Susan at swaltner@smith.edu if you would like to join.

Tai Chi

Instructor Marty Phinney is offering Tai Chi outside or in the auditorium, **Tuesdays, 9:30-10:30 am.** Members or interested others can contact her at **413-268-3228.**

Yoga for You

Yoga classes by Michelle Morales are led on Zoom **Tuesdays at 6 pm.** You can reach Michelle at morales.wolk@gmail.com.

Strength and Cardio Workouts

Joan Griswold is leading workouts via Zoom **Thursdays at 10:15 am.** Visit her at www.bybhealth.com to sign up.

Men's Group

Meets at the **Williamsburg Snack Shack** (or Zoom) on **3rd Thursdays at 8:30 am.** To join, email Larry West (landwest3315@yahoo.com), and become one of the "guys!"

~The Senior Center gratefully accepts donations to help fund many of our programs.~

Farm Share News!

The 2022 CSA Season is just around the corner! The Senior Center is going with Prospect Meadow Farm, which is offering 19-week CSA shares (June 14th -October 21st). All weekly shares include farm fresh vegetables and bi-weekly eggs. The cost will be **\$161.00 for the 19 weeks or \$9/week** if you want to pay weekly.

Here is some of what they have planned for the 2022 season: lettuce, cucumbers, eggplant, kale, mixed peppers, squash, zucchini, watermelon, tomatoes, jalapeno peppers, broccoli, onions, potatoes, carrots, corn, cabbage, winter squash, strawberries, shiitake mushrooms, asparagus, radishes, beans, and herbs.

Please contact Tamar Smith (413-268-8019) if you are interested in the farm share.

E-mail tsmith@burgy.org and please include your phone number.



Save the Date!

July 17th Parade - Williamsburg's 250th Celebration

As you know, the Senior Center is having a contingency of folks to participate in the Parade.



We are welcoming walkers – the parade route is 2.1 miles from the center of Haydenville to the center of Williamsburg.

Alternately, If you would like to ride in the parade, the Pioneer Valley Transit Authority (PVTA) is providing a trolley bus. You must contact us for a seat.

Please contact the Senior Center at 268-8410 or e-mail sloomis@burgy.org. We must let the parade organizers know how many folks will be marching or riding in the parade. Please let us know as soon as you can. Thank you.

P.S. If you are interested in helping make a banner or two, please contact us. **Let's make this fun!**



Ladies Who Lunch

Are any of you interested in reviving our Ladies Lunch program? It would probably be on Fridays once a month. The Snack Shack was always very accommodating and would welcome us back! Call us at **268-8407** or email sloomis@burgy.org.


Get Your Copy of "Our Town-2021"

Our Town-2021 is a book of memories, interviews and pictures about living in Haydenville and Williamsburg. This book has been more than eight years in the making. It contains 75 plus contributions and is available now!

To purchase a copy, please **contact one of the folks listed below**. The price will be approximately \$30 per copy plus an additional charge if the book needs to be shipped. Read and enjoy stories of your fellow townsfolk!

- Mary Bisbee - 413-268-3225 mbisbee52@hotmail.com
- David Bickford - 413-586-3662 davidbickford945@gmail.com
- Delia Crocker - bookforburgy@hotmail.com
- Daria D'Arienzo - ddarienzo@me.com
- Larry West - landwest315@yahoo.com (95 Main Street, Haydenville, MA 01039)

Thank you for your support.

 * **Get Current News Online!**  *
 * Our newsletter was put together before April 12th. Some news for May might not be included here. We would like to make you aware that you can get our latest updates on our Facebook Group, **Williamsburg Senior Center** (click on Join Group) or at our website: **www.burgy.org** (click on Departments, then on Senior Center). **See you online!** *

Many Thanks from the Williamsburg Senior Center!

The Williamsburg Senior Center relies on donations from the community to support some of our best-loved programs and events. If you would like to donate, there are three ways to contribute:

1. Donate online via Unipay at www.burgy.org/senior-center;
2. Drop off your donation in person during business hours;
3. Mail a donation to Williamsburg Senior Center, PO Box 193, Haydenville, MA 01039.

The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

I would like to contribute to the Williamsburg Senior Center. My contribution of \$_____ is attached. (Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name _____

Address _____

Thank You for Helping Us Support Our Neighbors!

5 Ways To Honor Veterans And Soldiers On Memorial Day



On Memorial Day, most of us enjoy a day off work and celebrate the unofficial start of summer by boating, having barbeques or shopping the Memorial Day sales. Being with loved ones is a meaningful way to spend the day, but it's also important to remember fallen soldiers and veterans. Memorial Day reminds us that freedom comes at a cost. Here are five ways to get back to the true meaning of Memorial Day.

Get The Facts About Memorial Day

Although it comes at the end of what is a happy and carefree weekend for most of us,

Memorial Day is not a celebration. Wishing someone a "Happy Memorial Day" might feel appropriate, but it's actually meant to be a somber day. Memorial Day, originally called Decoration Day, began after the Civil War, which split the country in two as everyone was forced to take a side. Decoration Day provided an opportunity to start healing as a country by coming together and honoring those who had died.

Take Part In A Memorial Day Tradition

Over the years, Memorial Day has grown to include traditions such as the red poppy of remembrance, various parades and ceremonies, and the National Moment of Remembrance. Attending parades and public ceremonies can be a great way to show your kids the importance of remembering. Even if you're busy all day, set a reminder to go off at 3 p.m. local time so you can take part in the National Moment of Remembrance. This observation, which formally began in the year 2000, calls Americans to voluntarily and informally take a moment of silence at 3 p.m. and reflect in their own way. **Look for information on our website, www.burgy.org for this year's Memorial Day events.**

Decorate A Grave With Flowers

In the U.S., there are 134 national cemeteries as well as dozens of state cemeteries where veterans and soldiers are buried. Many of these cemeteries have veterans and soldiers from wars that took place long in the past. Although these cemeteries are well-maintained, many of the older graves haven't seen decoration in years. Get your family together and "adopt" an older grave by laying flowers or a wreath around it.

Wear Red, White And Blue, But Not The Flag

Many people aren't aware that the flag is not meant to be worn as an accessory, even when it's printed as a design on fabric. Ideally, disposable items such as napkins and cups printed with the flag shouldn't be used either. The flag isn't meant to be a decoration, even though you'll start seeing it used as such in more and more places as the summer months approach. Rather than sporting your patriotism with a t-shirt or napkins, use a more generic red, white and blue color scheme or star motifs instead.

Honor The Deceased By Supporting Living Veterans

Although Memorial Day is when we honor the fallen, you don't have to wait until Veterans Day in November to show your support of living veterans. Many veterans are in need of assistance, whether it's help accessing healthcare or simply the need for companionship. There are countless ways to reach out and make a difference for veterans on Memorial Day, such as donating your car to **Vehicles for Veterans**, <https://www.vehiclesforveterans.org>. **You can contact our veterans' representative (see pg. 2) for other ideas.**

Reusable Bag Sewing Group to Regroup!

The BagShare Project and Williamsburg Grange are working together to sew reusable shared use bags. The shared bags are available to borrow from the Meekins Library or Williamsburg Market—to use and return to either location. We are looking for volunteers of all ages to assist in sewing these bags. There are non-sewing jobs also. We are happy to teach anyone. We have sewing machines, material and other supplies available. We will be using donated upholstery fabric to create sewn reusable bags.

The senior center has generously agreed to host a sewing group weekly this spring and we are looking for more volunteers. If you are interested in sewing either at home or at the Senior Center please email Jennifer at thebagshareproject@gmail.com. For those wishing to sew at home, we have bag kits available. All are welcome! These sewing groups are really fun and we are using up material that would have likely landed in the landfill. **Come and join the fun!**



Stay Up-to-Date by Visiting the Town Website: www.burgy.org



& Facebook Group: [Williamsburg Senior Center](#) for the Latest News & Announcements!

To subscribe or unsubscribe from this newsletter or receive this newsletter by email only, contact us, leaving your name, address and phone number at **268-8407**, or sloomis@burgy.org.

Seniors Aware of Fire Education

This year has seen a significant increase in violent storms in the southern United States. I hope this is not an indication that we will have tornados in the months to come, but here are a important survival tips in case of a violent storm:



- ⇒ GET INSIDE. If you are outside, get inside. When you are inside, get as far inside the middle as you can away from windows and doors.
- ⇒ GET DOWN. Get underground if possible. If you do not have a basement, go to the lowest floor possible.
- ⇒ COVER UP. Flying debris and glass in a violent storm are the number one killer. Stay under the stairs or in a room or space without windows. Use pillows, blankets, coats, or anything else to cover up, protecting your head and body from flying debris.
- ⇒ TO GO. Have a TO GO bag with you in which you have your medicines, clothing, documents, cell phone, credit cards, any thing you may need for an extended time away from home.

I sincerely hope that you will not need it, but it never hurts to be prepared.

Stay S.A.F.E.!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.



Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

MediCARE uh oh

Says the caller, I CARE that you are eligible to get a new Medicare card with a security chip, and I just want to verify your number so we can send it. And, he says, if you give me your social security number I can see what additional benefits you may be able to receive. Or she says, I would like to send you a new knee brace and it won't cost you a penny! Just give me a credit card number so you can easily pay the minimal shipping costs.

The caller may be sweet as pie offering things as above, or you may get threats: If you don't verify your social security number, we will have to cancel your Medicare coverage. You have a medical bill that must be paid now or you will not be able to fill your next prescription. There has been suspicious activity on your account and we need to verify your identity or you will be liable for charges.

Phooey on those callers! You know how much medical care can cost, it's a big business. If a scammer can rip off your information, they can turn your good name into lots of dollars. They may also spend your benefits on actual care for themselves, so when you make a claim you find your benefits are already used. Medicare reminds us that:

1. Our Medicare number needs to be kept secure, just like a credit card number.
2. Medicare will never call you. You will get a letter if they need to contact you.
3. No Medicare person will make a house call.
4. Medicare cannot enroll you over the phone unless you called first.
5. Medicare cards do not expire, so there is no need to send you a new one.

If you suspect a Medicare card scam, report it to Medicare at 800-633-4227. I tried the number – you will need to say "Report a fraud" and give your date of birth, then get transferred to a person. They will ask for your Medicare number to continue.

With care,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

May's Good News

By Deb Hollingworth

Lately I've been getting questions about Lifelines, also called "personal emergency response" systems. So here's some information on what they are, how they work, what they cost and who pays, along with a list of providers.

These medical alert systems have advanced far beyond the basic pendant you wear around your neck. These days the range of options include wrist bands, belt accessories, phone apps, and can be part of a home security system. Features include: wellness checks, medication reminders, remote control for answering the phone. And they can come with a GPS tracking device. Or, you can still get a pendant that you wear around your neck, with a button to push if you fall and can't get up.

If you push that button, or if you fall and the pendant registers that impact, the Call Center comes on line and will begin to ask if you are all right. If you respond, you can have a conversation with the Call Center to let them know how best to help. For instance, one of their first questions will be, do you want us to call an ambulance? Or should we contact your neighbor, family, friend who you have listed as someone who helps in an emergency? If you are not able to respond, the Call Center will call 911 emergency services and give them details you listed in your personal information.

I remember receiving a call at work one afternoon from the Call Center saying my Mom had fallen and she agreed to be transported to the hospital. We had set up the Call Center procedure to notify family when an event occurred, whether or not Mom agreed to hospital transport. The Call Center will have necessary emergency information to help EMT responders and/or they will contact whoever you have indicated as your emergency contacts.

What does a Lifeline cost? Prices range, depending on what features you choose. The basic pendant ranges from \$20 - \$35 per month depending on provider. Lifelines that also act as medication dispensers start at \$70 per month and up.

Who pays? Medicare does not pay. MassHealth does. If you are a State Home Care client with Highland Valley, Lifeline can be one of the services you receive. To qualify, you would need to have a medical condition that makes you prone to falls, or need help managing your Rx, or have dementia and be at risk of wandering. In these cases, Highland Valley might pay for your Life Line.

There are at least a dozen Lifeline providers who service our area. Here are a few:

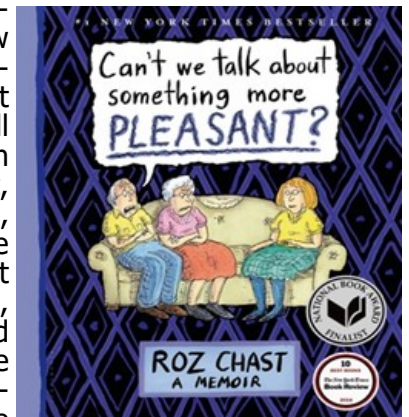
- ⇒ Bay Alarm Medical 844-805-7647
- ⇒ Medical Guardian 800-487-7415
- ⇒ Medical Alert 800-833-0850
- ⇒ Phillips Lifeline 855-651-7015
- ⇒ Link to Life 888-544-4462
- ⇒ Ready Home Medical Alarms LLC 413-535-3035
- ⇒ SafetyNet by LoJack 877-434-6384

For more information on their specific products you can Google them and check out their websites. Or you can find Lifeline products through retailers like Walmart, CVS or through national cell phone carriers like Verizon or AT&T.

Being a Caregiver: Can't we talk about something more pleasant?

Sometimes portrayals of caregivers are based on an embedded assumption that the caring is based on existing loving and supportive relationships within a the family, a notion that, for some, seems too good to be true. The life of a caregiver is often far more complicated and stressful, especially when it comes to caring for parents. Not every family is a replica of the "Waltons". Messages like "We don't share family business and you shouldn't complain" are often internalized and pop up when the child becomes an adult. Getting through this can be tough unless there are chances to vent.

Sometimes it's necessary to face the tougher topics in life by softening them with humor. Roz Chast, a cartoonist for the New Yorker, has achieved this in talking about what it's like to help aging parents as they reach the end of their lives and also deal with the complex nature of longstanding personal and family dynamics. Her memoir is a mix of text and special cartoons. If you've seen her cartoons in the New Yorker, you'll recognize her style. Not everyone can pull off telling a story in a way that is honest, touching, engaging, sad and funny at the same time. It's not full of clinical lingo, facts, directions and advice. It's a more down to earth portrayal of one of the most difficult rites of passage we face. It's available through CWMARS at the library or if you go online there are several other very affordable sources. *Published by Bloomsbury Press 2014.*



On the Road Again...

2022 Trip Lineup

These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.



Updates on the following:

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available. Need a few more passengers.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes Chicken & Salmon lunch. Cost \$113. Due NOW. Join us to experience the glitz and glamour of the 70s! Flyer Available. Make payment to FNSC and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

Day Trip. Encore Boston Harbor Casino. June 15, 2022. Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. *time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096 by May 8th.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by 7/2/22. Flyer available. Only a few seats remain.

Day Trip July/August. Minor league baseball game. Red Sox Triple A minor league team, **Woo Sox** in Worcester, MA. Date and cost to be determined.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch: Chicken Parmesan & Broiled Scrod. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

Day Trip Sept. The Big E
Day Trip Late Sept. Wareham, MA. **Cranberry Bog Tour.**

Day Trip Oct 4. Oktoberfest! The Schnitnel

Brothers perform. Self Drive to the Log Cabin. Meal choice and cost to be determined.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost \$TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Food News: Hilltown Mobile Market, HIP and Snap

The Hilltown Mobile Market is making a big transition and moving online! The new marketplace will allow customers to order directly from Hilltown farms, with over a dozen pickup locations available throughout the Hilltowns. Door delivery in the Hilltowns will be available at Westhampton Woods and The Maples. Customers can sign up for a farm share or shop freely as often as they like. SNAP/HIP, WIC and Senior Coupons will be happily accepted at select locations. **The Market will be open from July 16 – November 18, 2022.** Alternative ordering options will be available for those without internet and several pre-season training sessions will be offered to get folks signed up and familiar with the online market. Visit www.hilltownmobilemarket.info for more information and to sign up today or call Hunt Chase at (413) 296-4536 ex. 116. Stay tuned for training session dates.

Open HIP Locations: Hampshire County

What is HIP?

The Healthy Incentives Program (HIP) is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Shop at the eligible farm locations with your SNAP/EBT card, and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.



How to find a HIP location near you: Locations are organized by county. Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit buylocalfood.org/hip-map to view our new map! Visit the delivery or pickup near your home! For up-to-date information on locations, as well as other locations in the rest of the Pioneer Valley, see www.facebook.com/HIP.PioneerValley or contact Ellery at ellery@buylocalfood.org.

Williamsburg Senior Center
141 Main Street
P.O. Box 193
Haydenville, MA 01039

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Our Many Volunteers

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Saturday, May 21st 9am-3pm

Spring Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Outfit your family for the spring without spending a cent! Drop off your washed, gently-used men's, women's and children's spring clothing and accessories at the church in the vestibule on Wednesdays from 6-8pm and Fridays from 9am-3pm, or call Laura Barrus at 268-7005 to set up a specific time. Then come back to shop on Saturday the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

Why do I need Prescription Advantage?

"Why do I need Prescription Advantage?" This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";
- It allows you to change your Medicare plan outside of Medicare's open enrollment;
- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by calling **1 (800) 243-4636** or visiting prescriptionadvantagemma.org *Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.*