



The Quail Runner

For and By the Residents
of The Villages of Quail Run



March - April 2018

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

Pizza Night

Date: SATURDAY, April 21st

Where: The Community Center

Time: 6:00 PM

Cost: \$5.00 per person, BYOB



A sign-up sheet is posted at the Community Center or you can contact **Marlie Stott** at 978-567-5912 or **Sherrie Lupien** 978-562-5825 by April 19th.

There will be a "Photo Contest" this same night. Please submit a photo of yourself, age infant to 10 years old, (the younger, the better) to **Barbara Baker**, 4D Autumn Drive, by April 18th. On **Pizza Night**, the photos will be on display and numbered, and you will be given a list of names of the people who submitted their photo. Your job is to match the photo with the correct person attending the event. Prizes will be awarded!! If you have any questions about the contest, please give Barbara a call at 978-562-2460.



Pancake Breakfast

Date: SATURDAY, May 19th

Where: The Community Center

Time: 9:00 - 10:30 AM

Cost: \$5.00 per person



A sign-up sheet will be posted in the Community Center in mid-April or you can call **Marlie Stott** at 978-567-5912 or **Carol Suslowicz** at 968-212-5141 on or before May 16th.



Annual Meeting Schedule

It's that time again. In May, three Board positions are up for election. The *Meet the Candidates Night* is scheduled for May 17th at 7:00 PM in the Community Center. The *Annual Meeting* is scheduled for May 24th at 7:00 PM in the Community Center. The Dartmouth Group will be mailing nomination forms and ballots with further information to all unit owners sometime in April. Mark your calendar for these two important days.

Contents

- Astrology - 5
- Birthdays - 5
- Book Club - 6
- BOG - 1, 2, 9
- Communications - 2
- Condo Care - 7
- Curtain Call - 4
- Editor's Desk - 2
- Food Pantry - 3
- Free Items/Services/For Sale - 4
- Healthy Living - 3
- Hudson Senior Center - 7
- Intel - 10
- Interesting Places - 6
- Juliets - 7
- Local Events - 7
- Medicare News - 10
- New Residents - 6
- Poem - 8
- Poker Players - 6
- Quail Runner Staff - 2
- Romeo's - 3
- Stitch & Knit - 4
- Social Commit. - 1, 7
- Technology Corner - 8
- Transitions - 4
- Volunteers - 3



**Board of
Governors (BOG)
News
Page 9**

The Quail Runner Staff

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5 Strawberry Lee Rouse
6/8 Strawberry Clare Moschella
7/12 Strawberry Joyce Blank
1/4 Rotherham Kevin Fitzgerald
6 Rotherham Harry Morgan

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Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested.

Back issues of the *Quail Runner* are available from the editor.

Vacation Delivery

Give your reporter or the editor a long envelope with two first class stamps and your vacation address. Or you can get issues emailed to you, or view the current issue on www.QuailRunHudson.com.

Editor’s Desk

Kareen Shaw, editor



By now we are all tired of the cold and snow, except for the *Quail Run* residents who headed south or west for the winter months. Now that Spring is right around the corner, you should look outside in your flower beds or take a walk around the neighborhood and see all the Spring bulbs that are finally popping out of the ground. Hopefully the bulbs will continue to grow and we will not get any more snow storms or a flash freeze at night during April.

April is made of such wonderful things, sunbeams and tulips and butterfly wings.

There is a very important article in this month’s *Quail Runner Newsletter* that will give you lots of insight regarding the new Medicare Card that will soon be sent out to everyone who has Medicare coverage, and what it means to you. This information can be found on page 10 of this newsletter.



Wishing you the very best this Mother’s Day!

May 13th

Our Board of Governors

Les Malecki lmalecki@comcast.net 978-212-5697

Mike McCormack Mocrown@verizon.net 978-562-1266

Bill McPhail aruba109@verizon.net 781-646-4449

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Also appears on page 2 in the *Quail Run Directory*.

HEALTHY LIVING

by Peggy Rittenhouse

6 Simple Tips to Reduce Your Blood Pressure



There are new guidelines from the American Heart Association and the American College of Cardiology for the definition of high blood pressure (BP).

The guidelines lowered the definition for high blood pressure to 130/80 from 140/90 millimeters of mercury (mmHg). This means that more people now meet the criteria for stage I hypertension. This change should spur you to take your blood pressure seriously. These guidelines are putting the knowledge gained from large trials into clinical practice. If you are in this 130/80 range, reducing your blood pressure can help protect you from heart attack, stroke, kidney disease, eye disease and even cognitive decline. The goal of the new guidelines is to encourage you to treat your high blood pressure seriously and to take action to bring it down, primarily using lifestyle interventions. It is well documented that lifestyle changes can lower blood pressure as much as pills can and sometime even more, says Dr. Fisher, director of hypertension service at the Brigham and Women's Hospital.

Here are six simple tips for actions you can take to help get your blood pressure back into the normal range: 1) Lose weight, even losing as little as 10 pounds can lower your BP; 2) Read labels to find out the sodium content which is 1,500 mg daily for individuals with high BP. (The "salty six" are breads and rolls, cold cuts and cured meats, pizza, poultry, soup, sandwiches); 3) Get moving like a half hour at least five days a week. They suggest you do something you love - dancing, biking, brisk walks with a friend; 4) Pump some iron like weight lifting to keep from losing muscle mass; 5) Limit alcohol to one drink per day; 6) Relieve stress with daily meditation or deep breathing sessions.

So with spring coming, it will be easier to get outside and take a walk. See you on the "Railtrail".
(From *Harvard Women's Health Watch*, March 2018.)

The Quail Run Community collects for the **Hudson Food Pantry**.
Items can be dropped off at the Community Center.

Come visit us at:
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ROMEO's

Retired Old Men Eating Out

Pete Recklet is checking out the options for the next lunch. He will send an email with the details.



Please contact **Pete** at 978-562-2721 or precklet@live.com if you plan to attend. The group is open to all men at Quail Run.

Marlboro Hospital Looking for Volunteers

The Marlboro Hospital is in need of volunteers. As a volunteer, you are assigned to areas that best match your interests, skills and talents. Some of the areas include: Front Desk Greeter, Patient Transport, Gift Shop (no experience with cash register required), Office Assistant, Patient Registration, ER, Spiritual Care. A lunch voucher is provided. If you are interested in being a volunteer, please email the volunteer department at Gloria.pascual@umassmemorial.org, or call 508-486-5688.

- Submitted by **Debby McCormack**



O.K., raise your hand if you are tired of snow!

Well, I guess no one raised their hand after seeing this cute cartoon in the Quail Runner Newsletter issue for January-Februaryand you know what happened to all of us in MARCH!!

CURTAIN CALL

If you are interested in attending future performances and would like to receive further details, please contact **Lorraine Cochran**, 978-568-0165, to be added to the Curtain Call Theater group mailing list.



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Free/Services/For Sale

- **Dave and Cathy Bernhardt** of 11C Autumn Drive have several cases of hanging "Pendaflex" file folders and the labels. If any Quail Runner needs some, please contact Dave or Cathy at 978-568-1671. There is no cost, just call and arrange to come and pick up the folders.

- Submission by **Ginny Fullam** - I was worried about my fireplace after using it so much during the cold weather. No one has checked it for 15 years and I thought it should be checked. I called Massachusetts Gas Fireplace Repair and was happily surprised. Matt came and did a complete maintenance on the fireplace. It is fine and he was very knowledgeable and made me feel good about the fireplace. I am no longer worried about using it. I recommend him highly. For Quail Run residents he would charge \$195.00 instead of the usual \$225.00.

To contact Matt McDonald, call 774-245-2414.

- **Linda Palmer** is offering a free 13" Toshiba TV set, perfect for small places, call 978-568-9141.

- For sale: Porter Cable Pancake style Air Compressor. Like new, 6 gallon tank, 150 psi capacity, 2.8SCFM @ 90 PSI. Great for tires, etc. \$50.00 or B/O. Call **Mike McCormack**, 978-562-1266.

Transitions

Sharon Evans, who had lived at Quail Run on Rotherham Way for several years, has passed away. She leaves her son Craig Evans.

Stitch & Knit

Wanted - new or rusty knitters!

The Stitch & Knit group meets at the Community Center on the 4th Tuesday of the month from 2:00-4:00. Come join us. We have people ready and willing to help with your project.

Contact **Marie Kapsalis**, 978-568-0713 for additional information.



**TAXES ARE DUE!!
April 17th**

Did You Ever Think:

... you would sleep better on the lounge chair with the T.V. on than in bed? It's called pre-sleep.

... you would miss the days when everything worked with just an "ON" or "OFF" switch?

... what used to be freckles are now liver spots?


... that you would have 3 sizes of clothes in your closet, 2 of which you will never wear again?

... that the new trend today is that everyone is whispering around you and at you?

... that old is good in some things: Old Songs, Old Movies, and best of all Old Friends?

... today is the oldest you've ever been; yet the youngest you'll ever be?

- Submitted by George Shaw



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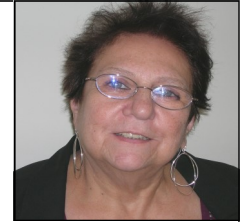
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Astrology - What's Up
by Beverly Beylouné



TAURUS April 20 - May 20

Mars is in a highly compatible earth sign, Capricorn this Spring. Your mind will turn to travel, legal matters, the media, and academia. If you do travel, you are likely to go to a setting that could easily include thick forests and richly verdant mountains... a long trip is more likely closer to Summer to a city or town near water. The choice is yours! You have a number of planets stacking up in your twelfth house of behind-the-scenes activities. Your project plans aren't quite ready to show to the world for you have some tweaking to do first. Taking time to polish a project is always worth the effort. Saturn and Mars will be in Capricorn, the sign of bones. A good time to have a dental checkup. Transits are not only ruling projects, but also health/safety matters so keep hallways clear, particularly at night, and keep a dim light on. In general though, there will be wonderful developments to your emotional life, increasing the chance that you'll hear heartwarming news from friends and/or family. Life is changing and in a noticeable way that will surprise and delight you.

Quail Run Birthdays

April

- Gary Hegan - 3
- Barbara Champine - 7
- Joe Fallon - 1
- Kathy Middleton - 11
- Sharon Berthiaume - 12
- Cheryl Baker - 19
- Charlie Bosio - 20
- Marsha Strauss - 21
- Pam Thompkins - 21
- Sue Fox - 21
- Helena Cabral - 23
- Tony Nefzger - 24
- Leonard Novick - 27



To include a birthday, contact your reporter or the editor

May

- Arnold (Arnie) Johnson - 3
- Janice Hornberg - 7
- Roger Montgomery - 9
- Sue O'Keefe - 22
- Patricia Ruest - 23
- Kevin Wentzell - 26
- Marc Karloff - 26
- Kareen Shaw - 27
- Mary Hennessey - 27
- MJ Ebens - 28
- Marie T. Mangan - 31



GEMINI May 21 - June 20

You may be surprised to hear this, but if you are working... Spring/Summer is due to be dazzling months for career progress, and you are the sign most likely to have the most buzz about your mounting success. Before you can even begin to think about how you want things to go, you will be focused completely on your home or family. You may be going to a big family event, such as a wedding or to a party to celebrate the recent birth of a baby. It will be an exciting time for you. You may have just moved or are planning to renovate your surroundings. You may even buy or rent a summer cottage for some getaways. A magnificent transit this summer will take the energies swirling in the universe, package them, and present them to you on a silver platter. Be ready to take full advantage of all opportunities coming to you. If you want to give a party to celebrate a family member's milestone or recent good news, you will have all that you need to put on a stylish fete this year. When it comes to home and family, the summer's transits are like your sweetheart....and meant to make you very happy.

Enjoy Today!
Be Happy!
Do Something Fun!

Interesting Places to Visit

TWO INTERESTING OPTIONS NEARBY

SILVER UNICORN

A new bookstore has opened at 12 Spruce Street, West Acton Center. I miss going to the Willow bookstore in Acton. The Willow closed last year. One of my favorite areas there was their shelves of local authors. The owner of this new store, Paul Swydan, made a career writing about baseball. Realizing the importance of reading local, he launched his independent book store in March. The space is over 1,000 square feet. Swydan is planning an author series paying particular attention to authors from New England.

CONCORD MUSEUM

The Concord Museum at 200 Lexington Road has an exhibit "Fresh Goods: Shopping for Clothing in a New England Town 1750-1900." The exhibit runs through July 8th. Drawing a direct line between the present and the past is the focus of this show. The show looks at the fashion interests of 18th and 19th century New Englanders and what they reveal about manufacturing and retail in those days. If you have never been to the Concord Museum, then the entire museum is a must see. Admission to the museum is \$10, \$8 over 62. An additional fee may be charged during special exhibitions. You can contact the Concord Museum at 978-369-9763.

- Submitted by **Barbara Champine**

Just plain neat information, did you know.....

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

- Submitted by **Kevin Fitzgerald**

Book Club



Meetings are at the Community Center, from 7:00-9:00 PM, generally the last Wednesday of each month.

April - Down River by **John Hart**

May - Homecoming by **Yaa Gyasi**

June - The Book that Matters Most by **Ann Hood**

For more information, contact **Carole Perla**, 978-568-9979.

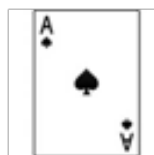
New Resident

Nancy Sweeney has moved to 1C Autumn Drive. Her email is nancysweeney109@comcast.net and phone number is 978-310-7915.



Please let **Barbara Langley** or **Barbara Edelstein** know if someone new moves in.

POKER PLAYERS WANTED



First and third Monday of each month, 4:00-6:00 PM, at the Community Center. Contact **Lenny Suslowicz** at 978-212-5141



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JULIETS NEWS

Quail Run women are invited to Lunch. **April 17th, Tuesday, 12:00**, at **Welly's** in Marlboro, separate checks, choice of menu. Contacts: **Barbara Chisholm**, 978-562-5719, **Jan Mudgett**, 978-562-0598.



May 16th, Wednesday, 12:30, at Bertucci's, Solomon Pond Mall, separate checks, special menu for \$10, includes salad. Contacts: **Lelah Willoughby**, 978-562-5184, **Susan Rosen** at 978-568-0888.

Sign up with these ladies or on the list at the Community Center.

LOCAL EVENTS

Look at the websites for Events coming soon.

Hudson High School's Drama Society Theatre Group Website - HSDramaSociety

Symphony Pro Musica Website - SymphonyProMusica.org

Heritage Chorale Concert Season Website - heritagechorale.org

Hudson Historical Society Website - Hudsonhistoricalsociety.org

Earth Day - April 22nd

Social Committee Plan Ahead Schedule

April 14 - Coffee Hour 9:30
April 16 - Ladies Coffee Hour 9:30
April 21 - Pizza Night and Identify the Picture contest 6:00

May 5 - Coffee Hour 9:30
May 19 - Pancake Breakfast 9:00
May 21 - Ladies Coffee Hour 9:30
May 26 - Coffee Hour 9:30

June 15 - Strawberry Social 7:00
June 18 - Ladies Coffee Hour 9:30



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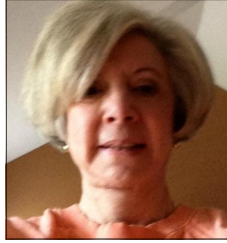
Condo Care

Looking for **Condo Care** articles for upcoming *Quail Run Newsletters*. If you have any tips you would like to share with other residents, please submit them, via email, to **Kareen Shaw**, at kareenshaw@comcast.net.

HUDSON SENIOR CENTER

If you have not used the offerings of our local Senior Center you may be missing many great resources. They have something for everyone. SOCIAL SERVICES include free confidential health benefits and counseling for Medicare beneficiaries, fuel assistance, meals on wheels, caregiver information and homecare referral. You can have your taxes done by AARP specialists. The many ACTIVITIES include Line Dancing, Fitness, Tai Chi, Pilates, and a Walking Club. There is quilting, knit and crochet, painting, bridge, a lending library and many more educational programs. There are daily noontime meals, special lunches and dinners. In addition, seminars and lectures are given on topics of interest to seniors. April 24th brings the annual fashion show and luncheon. A LEGAL CLINIC by an elder law specialist, Arthur Bergeron, gives insight into legal matters for seniors. April 3rd will cover the new Massachusetts Care Act, Mass Health, wills, trusts, etc. On May 8th the topic will be Elder Law for Singles, estate planning, etc. The senior bus will take you to doctor appointments or grocery shopping. MOVIE day is held on Tuesday, showing current films. You can have your blood pressure taken or see the Podiatrist. Both local day long excursions and week-long land vacations and cruises are arranged by the Center. Visit the Center at 29 Church St. They will be happy to show you around. If you wish to receive a monthly newsletter, membership is only \$7 a year. Give the Center a try. - Submitted by **Barbara Champine**

Technology Corner
- Submitted by
Carole Perla



Using the Home Button on an iPhone/iPad

If your iPhone is not a 4S/5 or higher or your iPad is not a 3rd generation or higher and you are using IOS 5 or 6, some of the following suggestions may not work on your device.

The home button on the iPhone 4S/5 or iPad 3rd generation and higher has a variety of different uses.

1. Tapping the Home button once wakes up your iPhone or iPad.
2. Holding down the home button wakes up Siri. Siri is a voice assistant that allow you to search the web or perform certain tasks on either device. To turn Siri on go to Settings -> General -> Siri and moving the slider to On. If you have set a passcode on your device Siri can work with or without it. Go to Settings -> General -> Passcode Lock -> Siri.

Siri is used by holding down the home button until the Siri icon (a round microphone) appears. Tell Siri what you want such as finding an address for a person in your Contacts app.

3. Double click the home button. All the apps you have opened previously will be visible. Swipe your finger to the left or right. When you move your finger to the right the iPod controls and the Lock Screen icon will be accessible. If you move you finger to the left all the apps you have used will be available to you. These open apps use memory and battery life. To close an app, hold your finger on one of them until it starts shaking. A delete line will appear in the upper left corner of the app icon. Tap the red line and it will close the app.

4. Does it bother you that your iPhone/iPad changes direction when you are reading a page?

The Lock Screen position icon is found when you double click the home button and swipe your finger to the right across the apps at the bottom. You will notice an icon at the far left.

Tap the button with the lock. This will lock the iPhone/iPad into the portrait position. The direction of the page will not change. Tap the icon again. This will unlock the position. Turn your device 90 degrees to the landscape position. Tap the lock button. Now your screen is locked into a horizontal position.

5. Push the home button once and it will take you back to the last home page you viewed. If you are on a home screen pushing the home button once takes you to the previous screen. The little dots at the bottom of the home page tell you how many pages you have and what page you are on.

A poem for you to enjoy...

I'M FINE

*There's nothing whatever the matter with me
I'm just as healthy as I can be;
I have arthritis in both knees
And when I talk, I speak with a wheeze.
My pulse is weak and my blood is thin
But I'm awfully well for the shape I'm in.*

*I think my liver is out of whack
And I have a terrible pain in my back.
My hearing is poor and my eyes are dim
Most everything seems to be out of trim.
The way I stagger is a crime,
I'm likely to fall most any time.
But all things considered, I'm feeling fine.*

*Arch supports for both my feet
Or I wouldn't be able to walk down the street.
My fingers are ugly, stiff in the joints.
My finger nails are impossible to keep in point.
Complexion is bad; due to dry skin.
But I'm awfully well for the shape I'm in.*

*My dentures out, I'm restless at night
And in the morn I'm a frightful sight.
Memory's failing, head's in a spin
I'm practically living on aspirin.
But I'm awfully well for the shape I'm in.*

*Now the moral is, as this tale we unfold,
That for you and me who are growing old,
It's better to say, "I'm fine" with a grin,
Than to tell everyone of the shape we're in.*

- Submitted by **Cathy Bernhardt** (a piece of poetry passed down from her grandmother).

March Board of Governors (BOG) News



Hopefully all the Nor'easters are over and Spring will come soon rather than later!

From the heavy wet snow there are downed limbs and split trees in several areas. Most of our trees were pruned, but not all. Some of the trees have been removed, but not all that need to be removed have been removed. The snow needs to stop before this process can proceed. The Board will walk to look at trees which need to be replaced as well as look at damage to grass areas that require repair once Spring is here.

The trees and shrubs were sprayed with dormant oil to kill winter moths and other insects. A second application is to be applied once the trees leaf out.

Following the major water leak at the pump house the building has been repaired. The number one pump replacement has arrived. Prep work for installation has taken place. The actual date of the installation is unknown at this time. Once it's installed all fluctuation in water pressure and noise in pipes should disappear. **During the installation process of the new pump we may be without water for approximately 30 minutes. An email will be sent to let residents know when this will occur.** The estimated date of arrival for the replacement control panel for the generator is still unknown. An estimate has been received for the replacement of the heater/air conditioning unit. It was also damaged by water. It works but unknown for how much longer. All of this is included in the Master Insurance water damage claim. The Master Insurance deductible for the Association is \$10,000.

The Board has contracted with Norel Services Company to monitor and maintain our fire kiosk equipment. They are a highly respected fire alarm maintenance firm. They have replaced the Wi-Fi box with a wireless radio box. A call list has been set up. If a fire alert comes in indicating a unit number it will be included in the communication to the fire department. We will still be dealing with trouble calls (i.e., ground faults). Since we have underground wiring, cables can deteriorate over time and permit moisture to filtrate the cables thus causing the ground faults. Norel can track these ground faults by monitoring building by building and do appropriate repairs. The repair costs are on a time and materials basis.

The replacement of the inside pressure reducers at 2A Strawberry and 4H Rotherham due to high pressure readings have been replaced. Two host units had water leaks on the main water intake lines and have been repaired.

To date the Board feels that Dave's Landscaping has done an outstanding job of clearing our roads, driveways, and porches of snow and ice. **If you park a vehicle in satellite parking during a snow event, please remove promptly following the cleanup of your driveway. Per contract, Dave's will not return to the property once they leave without an additional charge.**

Scott Forbes has been replacing roof stack pipe boots as weather permits. They rot over time from the weather. Scott Forbes also has a list of shingles that require replacement, due to woodpecker damage, and will be fixing the shingles as weather permits.

In the Spring, the two catch basins in need of repair and the water issue on the circle driveway at 6/11 Autumn will be addressed. The porch painting project and rust stain painting is scheduled to begin again once weather permits.

Thank goodness we did not lose power during the recent Nor'easters. We can count our blessings.

May 28th



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**The New Medicare Card:
What You Need to Know**

A new Medicare card is coming in the mail. To better protect your privacy, the government is mailing new cards to all 58 million people with Medicare coverage.

The cards are being issued with a new Medicare number to protect you from identity theft. The new Medicare card will no longer include your Social Security number and signature for everyone to see.

The new card will come with a unique, personal Medicare number (also called a Medicare Beneficiary Identifier or MBI). Your new Medicare number will be made up of 11 random letters and numbers. These secure numbers are confidential and private, like your Social Security number.

New Medicare cards will begin arriving sometime after June of this year. You may have already received information from The Centers for Medicare & Medicaid Services. Medicare will mail new cards in random order, based loosely on where you live. New Medicare enrollees will get the updated card when they first sign up. Due to the difficulty of printing tens of millions of new cards, you may not get the card at the same time as your neighbor.

Your Medicare benefits will not change.

You can start using the new card immediately, although the “transition period” during which you can use either your old or new Medicare cards will end on January 1, 2020. After this time, medical providers won’t be able to treat you without using the Medicare number on your new card.

Your Medicare number will replace your Social Security number for Medicare billing purposes.

Removal of your Social Security information from your official Medicare card will help protect your identity. Lawmakers, Medicare administrators, and the general public have been requesting this change, but identity thieves are very upset.

The new Medicare card will better protect your private health information. Your signature and gender information will no longer appear on the card. With these changes, it becomes much harder for stolen cards or dishonest doctors to misuse your information. Medicare Supplement and Medicare Advantage companies have also been asked to remove Social Security numbers from their cards as well.

The new Medicare card will be smaller than before, so that it will be easier to store along with your credit cards.

The Centers for Medicare & Medicaid Services strongly recommends that you destroy your old card once a replacement card arrives.

You don’t have to do anything to get the new Medicare card – but check your address! Since your card will come in the mail, you’ll want to make sure that your mailing address is up to date. Change your address on file with Social Security by calling 1-800-772-1213 if you’ve recently moved to Quail Run.

Safety from scammers is still important when dealing with Medicare. Remember that no government agency will ask you to provide personal or private information to receive your new Medicare card and Medicare number. You don’t have to pay for the new card, and you don’t have to provide any personal information. In fact, you don’t have to do anything at all to receive it.

If You Lose Your Medicare card, you can visit MyMedicare.gov to look up your number or print a replacement card.

- Submitted by **Peter Recklet**

Intel Please contact **Rachael Hamer** directly if you have any questions/concerns throughout the **Intel** project at 978-553-2158 or at Rachael.hamer@intel.com.

