

## Chicopee Council on Aging lists schedule of activities

**CHICOPEE** –Chicopee Council on Aging RiverMills Center is located at 5 West Main Street is offering the following programs and workshops. Unless specified all programs are held at the RiverMills Center. If you would like more information or to register please contact the office at 534-3698.

**PRE-DIABETES AND CARBS WORKSHOP:** Wednesday, March 9 at 11 a.m. A representative from the Foodbank of Western Massachusetts will be at RiverMills Center for a workshop regarding Pre-diabetes. In this workshop, you will go over diabetes basics, reading food labels, managing blood sugar levels, counting carbs and more. Although this is a free event, you must register at RiverMills Center or by calling 534-3698.

**SHIFTING GEARS:** Monday, March 14 at 11 a.m. A representative with the Massachusetts Department of Transportation will be at RiverMills Center to present the workshop “Shifting Gears” where participants will get an overview of the rules of the road, defensive driving and safe driving tips. Though this is a free event, you must register in advance at RiverMills Center or call 534-3698.

**VOICE AND SWALLOW SCREENINGS:** Monday, March 21 from 11 a.m. to 1 p.m. Licensed Speech and Language Pathologist Robin Davis will be at RiverMills to provide free voice and swallow screenings. If you have a diagnosis of Parkinson’s Disease, MS, stroke or other neurological problem and are having difficulty swallowing, chewing, or issues with your voice and/or swallowing abilities, you can make a free appointment to see Robin. Recommendations will be provided following the screening. Registration is required. Please call 413-534-3698 or stop by RiverMills Center.

**CELTIC CELEBRATION WITH DAVIS BATES:** Monday, March 21 at 1 p.m. Davis Bates, an award winning story teller, will be at RiverMills to present “A Celtic Celebration: Songs and Stories for the Season.” This program will involve audience participation in a variety of cultural traditions, which will include traditional songs from Ireland, Scotland & Wales and many more songs and stories. Light refreshments will be served. Please register in advance at RiverMills Center or by calling 534-3698.

**BASIC CONVERSATIONAL SPANISH SERIES:** Mondays and Fridays at 2 p.m., beginning Monday, March 28 thru Friday, May 13 (excluding April 15 and 18).

This class, taught by Paul Lamontagne who has more than 40 years’ experience teaching at various colleges in is an introductory level course in conversational Spanish. The objective of this course is to teach students basic vocabulary and grammar with an emphasis on the meaningful use of the language and will emphasize oral skills and comprehension of the spoken language. No prior knowledge of Spanish is needed. Space is limited to 15 participants for the course and you must register in advance by calling 534-3698 or stopping by RiverMills Center. At the end of the course series, you will have the opportunity to purchase the textbook used throughout the course for \$15.

**ASK AN ATTORNEY:** Wednesday, March 30 at 11:30 a.m. Attorney Hyman Darling of Bacon Wilson P.C will be at RiverMills to discuss Living Wills and Trusts. Bring your questions to be answered. Space is limited. You must register in advance by stopping by RiverMills center or by calling 534-3698.

## State Legislators call on MassHealth to eliminate cliff effect and spend down provisions

**BOSTON** - Ninety three Massachusetts State Legislators have asked MassHealth to implement two changes to help seniors and people living with disabilities access home and community-based care.

The letter elevates recent guidance from the federal Centers for Medicare and Medicaid Services which gives states greater flexibility in applying income and resource eligibility standards to make Home and Community Based Services more accessible.

Currently, seniors and people with disabilities must have income under 300% of the federal benefit rate in order to be eligible for a home and community based services waiver. If an applicant receives income even one dollar over that limit, they must spend their income down to \$542 a month to qualify for the program.

The letter called on MassHealth to implement the following changes to eliminate cliff effect and spend down provisions:

1. Disregard income over 300% of the federal benefit rate for HCBS applicants aged 65 and older and those living with disabilities;

2. Disregard the assets (and income) of the spouse of the HCBS applicant.

Both of these changes are permitted under the recent guidance from CMS. These changes would eliminate the spend down requirements, which is a significant barrier to community-based care and would allow more nursing home eligible individuals the choice to stay in their communities and receive care and services in their home.

The other area of guidance provided in the CMS letter addresses the issue of spousal assets. The Affordable Care Act required states to allow spouses to keep a community spouse resource allowance, in an effort to ensure that spouses were not impoverished. Although this was a very positive change for spouses in other states, in Massachusetts it put a limit on the asset amount the spouse could keep where there had been no limit before.

This new guidance allows MassHealth to return to the policy in place before the Affordable Care Act, ensuring spouses keep their assets. This change also facilitates community-based care as it makes HCBS services accessible to seniors without the concern of impoverishing their spouse.

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### NOTICE

**ERRORS:** Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

**THE COMMONWEALTH OF MASSACHUSETTS MASSACHUSETTS DEPARTMENT OF TRANSPORTATION HIGHWAY DIVISION NOTICE OF A PUBLIC HEARING Project File No. 609061**

A Live Virtual Design Public Hearing will be hosted on the MassDOT website below to present the design for the proposed Intersection Improvements at Montgomery Street, Granby Road, and McKinstry Avenue project in Chicopee, MA.

**WHEN: 6:30-8:00pm, Wednesday, March 2, 2022**

**PURPOSE:** The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Intersection Improvements at Montgomery Street, Granby Road, and McKinstry Avenue project. All views and comments submitted in response to the hearing will be reviewed and considered to the maximum extent possible.

**PROPOSAL:** The proposed project consists of (1) reconfiguring the intersection of the ramps to/from I-90 (the Massachusetts Turnpike) with Montgomery Street to construct a modern roundabout, (2) removing the traffic signal and constructing two roundabouts: a peanut-shape roundabout at the intersection of Granby Road and Montgomery Street, and an Oblique Roundabout at Granby Road and McKinstry Avenue, and (3) constructing a raised median along Montgomery Street between the Interstate 90 Entrance and Granby Road to improve safety by removing left-turn access to and from the abutting properties and driveways. Access is proposed to be accommodated by utilizing the roundabouts to reverse direction of travel. (4) Pedestrians and bicyclists will be accommodated through shared-use paths, generally 8 - 10 feet in width and crosswalks with rectangular rapid flashing beacons as needed

will be provided across each leg of the roundabouts.

A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The City and MassDOT are responsible for acquiring all needed rights in private or public lands. MassDOT’s and the City’s policies concerning land acquisitions will be presented in the hearing.

Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Carrie E. Lavallee, P.E., Acting Chief Engineer, via e-mail to [MassDOTProjectManagement@dot.state.ma.us](mailto:MassDOTProjectManagement@dot.state.ma.us) or via US Mail to Suite 6340, 10 Park Plaza, Boston, MA 02116, Attention: Project Management, Project File No. 609061. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked no later than ten (10) business days (14 calendar days) after the hearing is hosted on the MassDOT website listed below.

This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT’s Chief Diversity and Civil Rights Officer by phone (857-368-8580), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email ([MassDOT.CivilRights@dot.state.ma.us](mailto:MassDOT.CivilRights@dot.state.ma.us)). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten business days before the hearing.

This Live Virtual Design

Public Hearing or a cancellation announcement will be hosted on the internet at [www.mass.gov/massdot-highway-design-public-hearings](http://www.mass.gov/massdot-highway-design-public-hearings).

**JONATHAN GULLIVER**  
HIGHWAY ADMINISTRATOR

**CARRIE E. LAVALLEE, P.E.**  
ACTING CHIEF ENGINEER  
02/18, 02/25/2022

### SALE OF MOTOR VEHICLES Under G.L. c.255 Sec. 39A

Notice is hereby given by Interstate Towing, Inc. pursuant to the provisions of G.L. c. 255, section 39A, that on **March 22, 2022** at Interstate Towing, Inc the following Motor Vehicles will be sold at private sale to satisfy our garage keeper’s lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle.

2017 Toyota Sienna  
VIN: 5TDZZ3DC6HS891570  
Shejing Mac  
6106 20th Ave, FL 2  
Brooklyn, NY 11204

2006 Honda Civic  
VIN: 2HGFG12876H525741  
Wilmarie Alvarado  
231 Mechanic St, APT 3R  
Southbridge, MA 01550

2006 BMW 528 Xi  
VIN: WBAF73546CC34153  
Luis A Rodriguez Ortiz  
68 Fort Pleasant Ave, APT 3R  
Springfield, MA 01108  
2007 Scion tC  
VIN: JTKDE177470144214  
Craig W Heintzelman  
98 Oxford St.  
Somerville, MA 02143

2004 Infiniti G35  
VIN: JNKC51F14M709175  
Mariano Faulisi  
8804 I63rd Ave.  
Howard Beach, NY 11414

2018 Toyota C-Hr Xle  
VIN: NMTKHMBX4JR016654  
Azreal Alvarez  
21 Kenway Dr.  
Springfield, MA 01104  
02/25, 03/04, 03/11/2022

## Consumer tips to keep your data secure

**BOSTON** - Data Privacy Week took place this year from Jan. 24-28. Edward A. Palleschi, Undersecretary of the Office of Consumer Affairs & Business Regulation suggests the following tips to aid consumers and businesses on how to protect their devices from threats.

**One:** always back up your data on a regular basis, as this allows one to retrieve any lost data more easily.

**Two:** set up strong passwords. Utilize a password manager to keep track of complex passwords. **Three:** when able, use two-step authentication. This allows for stronger protection against hackers attempting to access someone else’s data.

**Four:** install antivirus and malware protection software on personal and professional computers. **Five:** install ad blockers on the web browsers commonly used on each device. **Six:** lock your screen. Setting the device to automatically close out of the screen after 15 minutes of inactivity is advised.

For more information on how to protect your data visit the Federal Communications Commission’s website at [www.fcc.gov](http://www.fcc.gov). If you have any questions about this advisory contact, The Office of Consumer Affairs and Business Regulations hotline at (617)-973-8787. Monday-Friday 9 a.m. – 4:30 p.m.

**WE’VE EXPANDED OUR WEB SITE**

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*Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.*

**visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)**