

Growing Together

February 2023

**Love Letters by A.R. Gurney-Tuesday, February 15th - 11am
At Massasoit College, Brockton, MA - CALL 781-293-7313 to Register**

Hope your New Year is going well, and you made time to re-evaluate strategies to keep yourself grounded and happy. We are working with Wage and Personnel as well as the Halifax Finance Committee to discuss hiring a Licensed Social Worker and a person well versed in educational and wellness programs. For example: Grief Counseling, social isolation, and other programs that many are requesting. Let us concede to finding a resourceful Outreach individual who is well versed in strategies and options as we age. Please see a list of our upcoming events below.

With that said, the aging process can be unkind, although we know chronic illness and or disease does not discern one's age or gender. It can happen to anyone at any age, and what we do know is that if you age, it's part of our life cycle. Choosing to face it, own it and accepting takes planning and knowing you can forever count on the person you choose to become.

Council on Aging sites as well as Active Living Centers offer various in-person fitness classes, community, and educational services as well as long-term-services and supports to assist with options and resources. Do not wait for a crisis, take time to talk with your doctor about your high blood pressure or diabetes. Write down your past and present goals and tweak them as you grow. Education is a powerful tool, so do not hesitate to call and ask for resources. Nobody has a deeper understanding of your needs than you. We are all survivors as life can toss us unexpected highs and lows. Our physical and psychological scars are proof we are survivors and accepting aging gracefully may help to free ourselves from defying the aging process and "live, life, love". Being kind to yourself is a good way to build your legacy and formalize a fruitful life while practicing mindfulness.

Stay well and be kind to yourself in 2023,

Darlene Regan,
Halifax Council on Aging Director

Serving the Halifax Community

Board of Selectmen Member Office Hours for Residents and Community Leaders and Supporters. Please take the time to meet and greet as each member of the Board will hold office hours on the following dates and times:

1st Tuesday/month from 6:00pm to 7:30pm

3rd Tuesday/month from 10:30am to 12pm





COFFEE AND CONSULTATIONS



State Representative Kathy LaNatra is available the second Monday of each month February 13th from 9:30 to 11am

VSO Steve Littlefield is available at the Halifax Council on Aging every second Monday of the month from 9:00 am - 10am

State Representative Josh Cutler is available virtually or by appointment only. Please call the State House at 617-422-2013 to make an appointment. Office hours are open to any resident of the 6th Plymouth District. Visit www.repjoshcutler.com

SHINE Appointments: Call 1-800-231-1155

Legal Consultations w/ Attorney Jason Rawlins February 24th from 11:30 –12:30 (fills up quickly)

Complimentary 30 minute appointments offered the last Friday of each month
Appointments required



Social Security 101

Everything you wanted to know ...

Delia DeMello

Public Affairs Specialist

Social Security Administration

* Date: February 16, 2023

* Time: 11:00am to 12:30pm

* Where: Halifax Town Hall (Selectmen Room)

Mon	Tue	Wed	Thu	Fri
		1 9:45am-10:45am Chair Yoga/ Mary Lou (Henrich Hall) 10am-11am Health Screenings/Tricia, RN (COA) 10:45am-11:45am Gentle Yoga (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	2 Groundhog Day 8:30am-11:30am Health Screenings (COA) YOUR DOCTORS APPOINTMENTS MATTER	3 State Representative Mobile Hours for February (Please call 617-422-2013 for an appointment) 10am-12pm New Program - "Writing from the Heart: Your Life Stories Matter" (COA) SMILING ADDS LONGEVITY TO YOUR HEALTH -TRY IT
6 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	7 9:30am-10:30am Men's Coffee Hour (COA) 10am-12pm TRIAD (TOWN HALL, Second Floor Great Hall) 12pm-2pm Crafts with Maddie - "Paint A Heart for You" (COA) 1pm-2:30pm Healing Hands/Bella (COA)	8 9:45am-10:45am Chair Yoga/ Mary Lou (Henrich Hall) 10am-11am Health Screenings/Tricia, RN (COA) 10:45am-11:45am Gentle Yoga (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	9 8:30am-11:30am Health Screenings (COA) 9:30am-10:30am Men's Coffee Hour (COA)	10 
13 9:30am-11am Coffee with State Representative Kathleen LaNatra 9:30am-10:30am Coffee with Veteran's Agent Steve Littlefield 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	14 Valentine's Day 9:30am-10:30am Men's Coffee Hour (COA) 1pm-2pm Healing Hands/Bella (COA) 	15 9:45am-10:45am Chair Yoga/ Mary Lou (Henrich Hall) 10am-11am Health Screenings/Tricia, RN (COA) 10:45am-11:45am Gentle Yoga (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	16 8:30am-11:30am Health Screenings (COA) 9:30am-10:30am Men's Coffee Hour (COA) 11am-12:30pm SOCIAL SECURITY 101 (SELECTMEN'S MEETING ROOM- TOWN HALL) 1pm-3pm Book Club a COA Event (Holmes Library)	17 12pm-2pm Popcorn and Movie Day - (Council on Aging) 
20 PRESIDENT'S DAY IN OBSRVANCE OF PRESIDENT'S DAY - THE COA WILL BE CLOSED 	21 9:30am-11am Council on Aging Advisory Board Meeting - Selectmen's Mtg Room 9:30am-10:30am Men's Coffee Hour (COA) 1pm-2pm Healing Hands/Bella (COA) Meditations for 30 minutes a day – try it!	22 9:45am-10:45am Chair Yoga/ Mary Lou (Henrich Hall) 10am-11am Health Screenings/Tricia, RN (COA) 10:45am-11:45am Gentle Yoga (Henrich Hall) 12pm-2pm OCES CONGREGATE MEAL AT THE COA 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	23 8:30am-11:30am Health Screenings (COA) 9:30am-10:30am Men's Coffee Hour (COA) Have a Happy Valentine's Day	24 11am-12:30pm Attorney Jason Rawlins (COA) TGIF 
27 10am-12pm CRIBBAGE 12pm-2pm OCES CONGREGATE MEAL AT THE COA 1:30pm-3pm Joy of Writing a COA Activity @ Holmes Library 1:30pm-3pm Knitting/Crochet Club	28 9:30am-10:30am Men's Coffee Hour (COA) 1pm-2pm Healing Hands/Bella (COA)	FEBRUARY 2023		



ENHANCE YOUR MENTAL HEALTH

OCES' Elder Mental Health Outreach Team (EMHOT) aims to support older adults 60 years of age and older with complex behavioral health conditions, substance misuse, chronic illness, and crisis situations, who may require counseling and long-term case management.



Counseling

Providing 1-on-1 counseling when needed.



Support Tool for Families

Support individuals and the families of people with mental and substance use disorders, build strong and supportive communities.



In Home Care

Clinician and consumer will review Treatment Plan and goals ongoing.



Adequate Support

Provide adequate services and supports to everyone who needs it. Combat Depression and Anxiety.



Prevention

Prevent costly behavioral health problems.



Resources

Provide support, resources and referrals to achieve long term goals.

Funding for EMHOT has been produced from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs.

CONTACT US

 www.ocesma.org

 508-584-1561



HEALTHY LIVING PROGRAM PRESENTS
BUILDING BETTER CAREGIVERS

Some of the benefits include:

- **Managing challenging situations**
- **Communicating more effectively**
- **Dealing with difficult emotions and stress**
- **Feeling more confident**
- **Setting goals**

**BUILDING BETTER CAREGIVERS
VIA ZOOM
MARCH 7, 2023 - APRIL 18, 2023
FROM 1:00 PM TO 3:30 PM**

**For more information or to register, contact
Pat Livie at 508-584-1560 ext. 373
or
Donna Forand at 508-584-1561 ext. 237**

SSCAC'S IRS CERTIFIED VOLUNTEERS MAKE SURE
YOU CLAIM ALL THE TAX CREDITS YOU'VE EARNED



TAX PREPARATION

FILED FOR FREE

SSCAC VOLUNTEER INCOME TAX PREPARATION (VITA)
FOR LOW TO MODERATE-INCOME HOUSEHOLDS



**MAKE SURE YOU RECEIVE
ALL THE TAX CREDITS
YOU'VE EARNED!**

**Non-Working Families Are Now Eligible
For Child Tax Credits Worth Thousands
of Dollars. \$\$\$\$**

South Shore Community Action Council's team of IRS-certified volunteers provides free electronic income tax preparation and filing for low to moderate-income working families. Our volunteers assist tax-payers with both Federal and MA state income tax returns.

They can even help with amending returns and filing tax returns for prior years.

If you need to schedule your contactless Tax Appointment or have any questions, please call **(774) 283-6254** and ask to speak to one of our VITA Program Coordinators.



EARNED INCOME TAX CREDIT

CHILD TAX CREDIT

CHILDCARE TAX CREDITS

WWW.SSCAC.ORG

SSCAC IRS CERTIFIED TAX PREPARERS COMPLETE YOUR
RETURNS USING A VIRTUAL DROP OFF PICKUP SYSTEM



Social Security 101

Everything you wanted to know.



Securing today
and tomorrow

A **FREE** workshop from Social Security.

- When are you eligible to receive retirement benefits?
- How does early retirement affect your benefits?
- Do you qualify for disability, survivors, and spouse benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Learn how to use **my Social Security** online account and other online services. You should go to www.socialsecurity.gov/myaccount to create a **my Social Security** account and print out your *Social Security Statement* **before** attending the workshop.

Speaker:

Event Coordinator:

Location:

Date:

Time:

MASSACHUSETTS CIRCUIT BREAKER BENEFIT

Overview *(Rich Shoemaker, AARP Tax Specialist)*

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2022 is \$1,200. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

Who is eligible

- You must be a Massachusetts resident or part-year resident.*
- You must be 65 or older by December 31 of the tax year.*
- You must file a Schedule CB with your Massachusetts personal income tax return.*
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.*
- For tax year 2022, your total Massachusetts income doesn't exceed:
 \$64,000 for a single individual who is not the head of a household.
 \$80,000 for the head of household.
 \$96,000 for married couples filing a joint return.*
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expenses, must exceed 10% of your total Massachusetts income for the tax year*
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year*
- The assessed valuation of the homeowner's personal residence as of January 1, 2022, before residential exemptions but after abatements, cannot exceed \$912,000*
- The Schedule CB must be completed within 3 years from the last day for filing the return, with out regard to any extension of time to file*

Who isn't eligible

- You are a nonresident.*
- You are married, and your status is married filing separately.*
- You are a dependent of another taxpayer.*
- You receive a federal and/or state rent subsidy or you rent from a tax-exempt entity.*
- For tax year 2022, the assessed value of principal residence exceeds \$912,000.*
- If you did not complete a Schedule CB within 3 years from the last day for filing the re turn, without regard to any extension of time to file*





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Halifax, MA 02338
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Website: www.halifax-ma.org/COA

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HOURS OPEN TO THE COMMUNITY

MONDAY - FRIDAY: 8:00 A.M. - 4:00 P.M.



**COUNCIL ON AGING
ADVISORY BOARD**

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TBA

COA DIRECTOR:

Darlene Regan

MEMBERS:

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Judith Rakutis

Michael Rugnetta

Sarah Sloat

Kimberley King-Cavicchi

COA STAFF

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TBA

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Nancy Smith-Clancy

RECEPTIONIST:

Diane Smith

NURSE:

Tricia Ross

OCES MEALS-ON-WHEELS

SITE COORDINATOR:

Maria Maynard

VAN DRIVERS:

Gary Long, Diane O'Brien

Janice Rossetter

Halifax Council on Aging Mission Statement: To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.